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PONTE VEDRA



# Recorder

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75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com



## GOING UP

Vertical construction of PGA TOUR's new global home to begin in time for THE PLAYERS Championship

Photo by Chris Condon, PGA TOUR

An aerial shot taken in late November 2018 shows early construction efforts of the PGA Tour's new global home. For an update on the company's progress on the facility, flip to page 5.

Update on  
MSTU for beach  
restoration efforts

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Looking  
& Feeling  
Good

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Meet Your  
Eye Doctor

Pages 24-25

### CAR OF THE WEEK

2017 MERCEDES-BENZ  
S63 AMG 4MATIC  
CABRIOLET  
5,319 MILES MSRP \$198,525  
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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](mailto: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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### WHAT'S THIS?



**Do you know what this is?**

Email your answer to [jonb@opcfla.com](mailto: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.

No readers correctly identified last week's photo. As a result, we're going to give you all another chance to guess. Good luck!

### ADOPT A PET



#### CAT OF THE WEEK

Rocky is an 11-month-old male cat who was brought to the Pet Center as a stray, which means there may be some traits that are unknown at this time. Come visit Rocky today. #44246



#### DOG OF THE WEEK

Rascal is a small Labrador terrier mix male dog who was released by his owners. He has lots of energy. Because he is an owner release, there may be

some traits that are unknown at this time. Come visit Rascal at the Pet Center today. #43496

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

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

Solutions correspond to last week's puzzles.

# January

# ZOO DEALS



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**Most Desired Oceanfront Location in NE Florida**

Las Mirandas / Oceanfront Condo

This first-floor unit was totally renovated with the finest finishes & craftsmanship. Includes an office, staurnia floors, mahogany doors & built-in custom cabinetry. **2 bedrooms & 2 bathrooms + powder room \$1,700,000**



**Ultimate Beach Retreat - 2600 Ocean Dr. S.**

Steps away from the ocean, this beach bungalow is the ideal space to call home or utilize as an investment property. Located in a highly desired neighborhood within walking distance of restaurants and shopping, this home is the perfect space to enjoy the quintessential beach lifestyle. **3 bedrooms, 2.5 baths \$775,000**



**Intracoastal Waterfront Condo**

Marina San Pablo 2nd story condo featuring open floor plan, luxury amenities, and private balcony with water views. **2 bedrooms, 2.5 baths \$475,000**

# Council on Aging seeking volunteers in Ponte Vedra

The St. Johns County Council on Aging (COA) is currently seeking volunteers to help with the following in Ponte Vedra:

- Game volunteers are needed to help with senior center activities. Also, party volunteers are needed to help with senior center parties, set up, decorations and clean up.
- A kitchen/coffee bar volunteer is needed to help keep supplies stocked, serve fruit and desserts and more from 9 a.m. to noon Tuesday to Thursday.
- A dining room volunteer is needed Tuesdays at THE PLAYERS Community

Senior Center.

■ A volunteer is needed for the Integrative Memory Enhancement Program (IMEP). Volunteers assist with preparing coffee, setting up for lunch, assisting with classroom activities and more. This program is held at the Ponte Vedra Memory Care Center on Tuesdays and/or Thursdays. Volunteers are needed any time between 8:30 a.m. and 2:30 p.m.

For more information about these volunteer opportunities, call (904) 209-3686 or email aleach@stjohnscoa.com.

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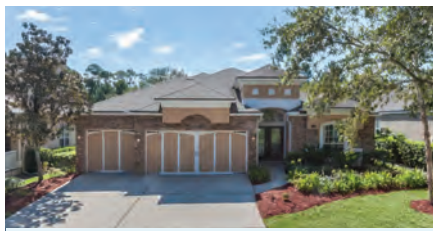


# COLLECTION



**PABLO WOODS**

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Kristin Doakes | 904.476.3721  
KDoakes@watsonrealtycorp.com



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536 St. Claude Pl., St. Johns, FL  
**\$359,900 | MLS 969369**  
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**CIMARRONE GOLF & CC**

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**\$499,995 | MLS 928724**  
Gwen Templeton | 904.652.9003  
GwenTempleton@watsonrealtycorp.com



**SAWGRASS CC**

3060 Timberlake Pt., Ponte Vedra Beach, FL  
**\$875,000 | MLS 971865**  
Murray Beard | 904.465.2784  
MurrayBeard@watsonrealtycorp.com



**PONTE VEDRA SHORES**

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Jim Zeller | 904.772.5592  
JimZeller@watsonrealtycorp.com



**JACKSONVILLE BEACH**

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Recorder file photo

# County Commission votes in favor of MSTU for beach renourishment

By Amber Lake

On Dec. 18, 2018, the St. Johns County Board of County Commissioners voted 3-2 in favor of enacting a Municipal Service Taxing Unit (MSTU) to help fund a beach renourishment project in Ponte Vedra Beach.

Although the MSTU passed, it is unclear whether it will represent the sole funding for Phase I of the project, however.

Those in favor of the MSTU hope it will represent the first steps toward levying

the estimated \$1.2 million to fund Phase I of the project to renourish nine miles of beaches from the Duval County line to the Guana Tolomato Matanzas National Estuarine Research Reserve. The MSTU would raise any additional money for the project by taxing private parcels east of Ponte Vedra Boulevard.

Now that the MSTU has been established, the county can begin to develop an idea of where the project is headed and which other options for funding might be available. With that in mind, the county is looking to source funding from alterna-

tive means — which may cover the cost before the MSTU is needed. As presented in the Dec. 18 hearing, additional funding sources might include the Tourist Development Tax (TDT) reserves or redistribution, as well as possible state and federal grants.

Utilizing the TDT reserves will call for an additional vote of majority-plus-one from the board, which hasn't been decided. According to St. Johns County Public Works Director Neal Shinkre, the unencumbered tax reserves from the 2019 fiscal year might be allocated to the project if the

board chooses to vote in favor of it. The reserves total about \$700,000 available.

Shinkre said grants from the state have already been submitted and that decision is expected to be resolved by April, with potential funding available in July. A Florida Department of Environmental Protection (FDEP) grant could cover up to 50 percent of costs. In other words, the FDEP would contribute \$600,000 of the 1.2 million in matching funds available for Phase I of the project.

MSTU continues on Page 10

# Ponte Vedra Corporation switches defense team amid dispute over Outpost property

By Amber Lake

Three weeks after a judge denied Ponte Vedra Corporation (PVC)'s motion for a Partial Summary Judgement in its litigation with St. Johns County over the use of the Outpost property, PVC filed a Stipulation for Substitution of Plaintiff's Counsel, according to court records obtained by the Recorder.

PVC, a subsidiary of GATE Petroleum, said the switch from the previous attorney, Gunster, Yoakley & Stewart, to Rogers Towers, was a matter of incorporating

an attorney that GATE already relied on.

"The Rogers Towers law firm represents GATE Petroleum and its subsidiaries on a variety of matters," said Misty Skipper, vice president of marketing, communications and government affairs for GATE, to the Recorder. "With the judge's ruling providing direction on how to move forward with the county, we made the decision that this was an appropriate time to consolidate this work within the portfolio of matters that the Rogers Towers attorneys already work with our company on."

Judge Michael Traynor of the Seventh Judicial Circuit Court made the aforementioned ruling Dec. 11, which essentially means the county cannot modify the Outpost's designation of "conservation" without there being a public hearing first.

PVC is seeking to build a 66-home residential community called Vista Tranquila on the 99-acre conservation property known as the Outpost, which is located at the end of Neck Road and adjacent to the GTM Reserve. Many local residents believe the development of the Outpost could cause potential harm to the GTM

Research Reserve that surrounds it.

Nicole Crosby, the co-founder of nonprofit environmental advocacy group Save Guana Now, feels the legal switch signifies more than a consolidation. Crosby told the Recorder the move doesn't reflect well on PVC's original statement that the company was happy with Traynor's litigation order.

"PVC is presenting it as a consolidation," Crosby said. "The timing says it all. They were fired after the judge's ruling. ... That's how 'pleased' they were with (it)."



# Vertical construction of PGA TOUR global home to begin by THE PLAYERS Championship

By Jon Blauvelt

When the golfing world descends upon Ponte Vedra Beach for THE PLAYERS Championship this year, visitors and TV viewers will have a chance to see more than just the greatest field in golf. According to officials at the PGA TOUR, they will also get a first glimpse of vertical construction of the company's new global home.

"We expect that when people come for THE PLAYERS in mid-March, that they will see construction," said Kirsten Sabia, vice president of integrated communications for the PGA TOUR. "I don't know how much people will be able to see. But there will be vertical structures that will be visible."

Since construction of the 187,000-square-foot facility off Palm Valley Road began in summer 2018, efforts have been dedicated solely to clearing the site, stabilizing the ground and obtaining the necessary approvals and permitting from St. Johns County, Sabia said. Now in 2019, the PGA TOUR is focusing on the exterior build of the facility, and come THE PLAYERS, that will be evident. So evident that Sabia noted the PGA TOUR will be providing broadcast teams of the tournament with talking points about the construction.

According to Sabia, the PGA TOUR is currently working with Baker Concrete on the concrete pour for the foundation of the building. Once the concrete work is finished by the end of February, the plan is to then start vertical construction. Clark Construction, the company that built the TPC Clubhouse, is the general contractor of the global home project.

Sabia also noted that widening of Palm Valley Road adjacent to the facility's main entrance will take place in summer 2019. The entrance will be located where the St. Johns County Courthouse Annex currently sits on Palm Valley Road. The PGA TOUR purchased the Annex property in summer 2018. The Annex will eventually be transitioning its services to 151 Sawgrass Corners Drive in Ponte Vedra Beach.

Sabia said the road into the entrance will be called PGA TOUR Boulevard. A traffic signal will be installed at the intersection, as well as a left turning lane for drivers coming from the west on Palm Valley Road. In addition, Sabia said there will be modest signage for the entrance, as well as a guard gate. Over the course of 2019, Sabia said the current PGA TOUR Boulevard that winds past Sawgrass Village and Sawgrass Marriott and into the Sawgrass Players Club will be renamed TPC Boulevard, pending approval from the county. In addition, Sabia said the PGA TOUR is planning improvements to ATP Boulevard, which she said will be a service entrance



**ABOVE:** An aerial shot taken in late November 2018 shows construction of the PGA TOUR's global home, which is planned to be open for employees in the first quarter of 2021.

Photo by Chris Condon, PGA TOUR

**LEFT:** The PGA TOUR's global home will be 187,000 square feet and located off Palm Valley Road.

Photo courtesy of the PGA TOUR

for the new headquarters.

From a traffic perspective, Sabia insists these changes and the overall development of the global home shouldn't cause much impact.

"As we consolidate our existing employees, many of whom are residents of Ponte Vedra Beach and the Beaches and travel A1A as their normal drive to work, and operating now under one headquarter location, the result will be net-net," Sabia said. "In theory, it shouldn't impact traffic, much at all, except for normal business growth, because we have made a commitment to the county over the course of the next decade or more for additional jobs."

More specifically, Sabia explained that

PGA TOUR staff heading eastbound on Palm Valley Road will never reach A1A, therefore decreasing trips there and on Solana Road, which is currently used by staff members to cut through the Sawgrass Players Club. With that being said, Sabia noted that traffic patterns within the Sawgrass Players Club should also decrease.

As for future traffic, Sabia said it will not exceed traffic volumes previously considered and approved by the state and county. She noted these volumes were included and evaluated in the North Florida Transportation Planning Organization's recent Ponte Vedra Beach/Palm Valley traffic study in 2017. She said the study determined that improvements to Palm Valley

Road in the vicinity of the proposed PGA TOUR headquarters, including at the A1A/Palm Valley Road intersection, are not required based on traffic growth through the study's planning horizon of 2040. As a result, Sabia said the improvements the PGA TOUR is making are above and beyond what would be necessary.

Moving forward, Sabia said the PGA TOUR plans to focus on interior construction of the global home in 2020. The company is scheduled to receive its certificate of occupancy in the fourth quarter of 2020. The PGA TOUR then plans to move its 800 employees currently spread out in 17 locations in Ponte Vedra to the new building in the first quarter of 2021.



*Blanca Albor is the spa director at Sawgrass Marriott Golf Resort & Spa.*

## Blanca Albor

### Can you please briefly tell us about your background?

I was born in the United States and raised in Colombia, South America, which made for a wonderful childhood full of travel around Central and South America. For three years, we lived on the lesser known island of San Andres, and then returned to the States when I was 11 years old. At the time, I spoke no English and am still proud that I was able to participate in my school's spelling bee just six months later. On my 16th birthday, I applied for the locker room attendant position at the famous Fontainebleau Hilton in Miami Beach, Florida, as it was the most prestigious employer around town. Little did I know, this role would serve as the start of my career in the spa industry. My fascination with health and beauty fueled my interest in the field. I am blessed to have had the opportunities to work at such four and five-star properties as Doral Golf Resort & Spa in Miami, The Greenbrier in West Virginia and Acqualina Resort & Spa in Sunny Isles, Florida.

### What are your primary roles and responsibilities in your job?

From the very start of my career, I always veered into the operations and management side of the spa industry. Currently, I am responsible for a team of 55 associates. I run the daily operations of a full-service spa, Sawgrass Spa, which means overseeing and managing the salon, massage, esthetics, pool, fitness and food and beverage all in one department. Specific responsibilities include marketing, coordinating staff schedules, overseeing the budget, interviewing and hiring new team members, maintaining inventory in retail and operational amenities, ensuring a safe workplace, taking care of guests, participating in corporate initiatives and attending industry conferences.

### What's the most rewarding part of your work?

The most rewarding part of my work is being able to create memorable experiences for our guests. There is nothing more precious and rewarding than knowing we made an impact in someone's day or even their life. A lot of our guests come to the spa because they are celebrating a special occasion, but sometimes they visit because they are grieving and know we're able to help them feel better physically and mentally. Regardless of the reason, we want them to feel comfortable and to have fun. After all, that's our industry's ultimate mission. The spa is not a luxury anymore, it's a necessity. We need to set aside time to take care of ourselves and our loved ones by giving ourselves the joy of time and relaxation, which we seldom do.

### For someone who has never visited a spa like yours, what would you say? What makes the experience so worthwhile?

Why haven't you visited us yet?! We have an amazing facility surrounded by 63 acres of winding lagoons, moss-draped water oaks, twisted palms and giant magnolias. It's beautiful and the perfect setting for promoting relaxation and serenity. Our licensed and experienced service providers will take you through a peaceful and harmonious journey with your service of choice. Or you can take our advice and start with a custom massage that blends Swedish deep tissue; foot reflexology and the warmth of the hot stone placement modalities, followed by a custom facial that is tailored to your skin's needs. Then continue your spa day with a manicure and pedicure that's capped off with a glass of Champagne and lunch served poolside.



Photo by Jon Blauvelt

### What are some of the most popular treatments and/or trends in the spa industry for 2019?

Because CBD really gained traction with the public in 2018, I think 2019 is its year to really explode into the market. In addition to seeing more edible options, I think spa treatments utilizing CBD products will become much more prevalent.

### What do you enjoy most about working and living in this area?

Here at Ponte Vedra Beach, I love that I'm only a quick drive away from a beautiful ocean view. While driving down A1A among the trees and greenery, I can't

help but feel calmer and more appreciative of my surroundings. The area itself is peaceful, clean, full of good people and a great place to raise children.

What do you like to do in your free time?

First and foremost, I spend my free time with my family. I take every opportunity to travel to South Florida where my family lives, and we fly my in-laws from Colombia to Florida each year to spend a few months with us. I also enjoy jogging in the morning with my two terriers, Anastasia and Aristotle, and watching soccer and golf with my husband. We make a point to go to at least one happy hour a month with just the two of us.

*Edited by Jon Blauvelt*

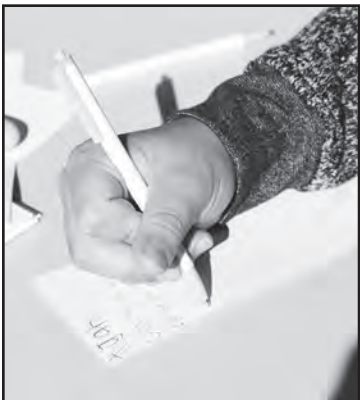




Prayer is led by Pastor Jack Millwood before Crosswater Community Church breaks ground on its new worship center on Jan. 6.



Families pose with the golden shovel at the groundbreaking ceremony. Photos by Amber Lake



ABOVE: Children write prayers to be buried at the site of the new church.



RIGHT: The crowd joins the band in singing along.

# Crosswater Community Church breaks ground on new worship center

By Amber Lake

Crosswater Community Church held a groundbreaking ceremony for its new worship center on Sunday, Jan. 6.

The new building will feature a state-of-the-art auditorium with 1,200 seats, a new lobby addition and full café. Construction of the project is scheduled to begin on Jan. 12 and cost an estimated \$7.3 million. The center is expected to be completed in February 2020.

The groundbreaking ceremony was open to the public and held at the site of the proposed location of the new worship center at Davis Park. The event included food trucks, a bounce house and slide, cornhole and live music. Attendees of the church wrote individual prayers to be buried at the site of the new church.

“Crosswater is very excited about our opportunity to make a positive impact

in the lives of our families, friends and neighbors on the First Coast,” Lead Pastor Jack Millwood said. “We believe that these new additions to our property will enhance our ability to accomplish this purpose.”

At the end of the event, attendees joined together to simultaneously “break ground” at the new location. Millwood helped lead church-goers in pulling a single wheel hoe across the construction site to signify the beginning of the new worship center.

The new facility has been blueprinted by Live Design Architectural Associates, who specialize in the construction of churches.

The old worship center will be repurposed into a dining hall and gymnasium, with the second floor dedicated to becoming a student center. The addition hopes to provide space for the fast-growing Nocatee community that surrounds it.



A rendering shows plans for the inside of the auditorium of the new worship center.



A rendering shows the plans for the outside of the new worship center.



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# OneJax announces Humanitarian Award honorees

OneJax, an institute of the University of North Florida, recently announced the recipients of its 2019 Humanitarian Awards.

The OneJax Humanitarian Awards honor those who have demonstrated the highest level of personal and professional integrity, have given generously and extensively to the community and have been dedicated to the improvement of human relations among diverse groups locally.

“Each year, we wonder how we will ever outdo the previous year’s group of Humanitarian honorees, but yet again, we have a group of incredibly deserving people who have made an immeasurable positive impact on our community,”

OneJax Executive Director Nancy Broner said. “These honorees are truly passionate about making Jacksonville the best place it can possibly be and are impacting the lives of so many in Northeast Florida.”

The 2019 awards honorees are as follows:

■ **2019 Silver Medallions:** Myron Flagler, executive director of the Jewish Community Alliance; Patrick “Pat” Geraghty, chief executive officer, GuideWell Mutual Holding Corporation, Florida Blue and GuideWell Group, Inc.; Janet Owens, executive director of the Jacksonville office of the Local Initiatives Support Corporation (LISC Jacksonville); and Julia

Taylor, community trustee. This award is given to individuals in recognition of their outstanding dedication and community service.

■ **2019 Acosta-Rua Young Professional Award:** Basma Alawee, immigration activist and teacher

The honorees will be recognized at the Humanitarian Awards Dinner Thursday, April 11, at the Prime F. Osborn III Convention Center.

Sponsorships for the dinner are available and may be obtained by contacting OneJax via [onejax@unf.org](mailto:onejax@unf.org) or by calling (904) 620-1529. Tickets for the event are available at [give.unf.edu](http://give.unf.edu).

# Troop 277 Boy Scouts earn Public Health Merit Badge at Pusser’s Bar & Grille

Ten Boy Scouts from Christ Episcopal Church’s Troop 277 recently completed their Public Health Merit Badge. The event was held at Pusser’s Bar & Grille in Ponte Vedra Beach.

The program was organized by Dr. Hugh Rappa and Pusser’s General

Manager Dan Monk. At the event, the Scouts learned about the contraction and prevention of diseases. They also learned about immunizations, food service operations, food preparation, handling and safe storage. Many of these scouts have also signed up to take the Medicine Merit Badge class later this month.

Troop 277 has approximately 70 scouts in the troop ranging in age from 12 to 18 years old.



ABOVE: (Front row) Rigel Gruber, Jack Blasbalg, Parker Iredale, Tre Peterson, Nate Wicker, Chris Schemitz, Matthew Sides; (back row) David Jerome, Adam Enlow, GianCarlo Rappa and Dr. Hugh Rappa gather at Pusser’s Bar & Grille, where the Boy Scouts earned their Public Health Merit Badge.



LEFT: Pusser’s General Manager Dan Monk shows Troop 277 food safety techniques.

Photos courtesy of Troop 277

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**Haven Volunteer Coordinator Sandra Francis (from left), Marsh Landing Garden Club President Sue McCaw and Haven Professional Liaison Steve Groth pose with a holiday tree decorated by the Marsh Landing Garden Club.**

Photo courtesy of Haven



## Marsh Landing Garden Club spreads holiday cheer at Haven

Garden clubs across the state have been uplifting spirits for Haven patients for a decade, and this year was no exception.

To brighten spirits, the Marsh Landing Garden Club has delivered decorated trees to Haven's Custead Hospice Care Center in Orange Park for 12 years during the holiday season.

"Every year at this time, the Marsh Landing Garden Club gathers up its members and purchases 2-foot Christmas trees," Haven volunteer coordinator Sandra Francis said. "Each Garden Club member has a tree, provides decorations, and they have a morning where they sit in

fellowship with one another and decorate the trees."

The festive trees are then distributed to Haven patients to enjoy during the holidays. Francis said the Marsh Landing Garden Club's tree event was so successful at Haven that they also began to distribute decorative trees among the community.

"They make patients happy, especially people in nursing homes where people might have less contact," Francis said.

The Custead Care Center receives 20 trees every year, and 20 more are dispersed to Haven's patients who can enjoy them in their home or nursing home room.

## Ponte Vedra Woman's Club busy in the new year

The Ponte Vedra Woman's Club is holding its general meeting Jan. 22 at JJ's Bistro in Ponte Vedra Beach.

The lunch meeting will feature a talk by Jeanette Toohey, the director of the Osher Lifelong Learning Institute with the University of North Florida's Division of Continuing Education. She will speak on "Growing Your Mind," providing attendees with an inspirational way to start 2019.

On Jan. 26, the Ponte Vedra Woman's Club will hold its second annual Wine & Whiskey Tasting Fundraiser. Three expert sommeliers will present select whiskeys and curated Italian and California wines for the participants. The revenue from the ticket sales will go towards charities supported by the club. Visit Ponte-

VedraWomansClub.com for more information.

The Club's February general meeting is Tuesday, Feb. 19 at Aqua Grill. Registration starts at 6 p.m. for check in and the meeting starts at 6:30. Visit the Club's website and click Events to register.

In addition, the Club's New Member Social is being planned for Thursday, Feb. 28 from 6 to 8 p.m. Email membership@pontevedrawomansclub.com for details. Attendees should come and bring a friend to learn about the organization.

Lastly, all members are encouraged to mark their calendars for March 18 for the Club's annual meeting at 11 a.m. at Lulu's Waterfront Grille for voting.



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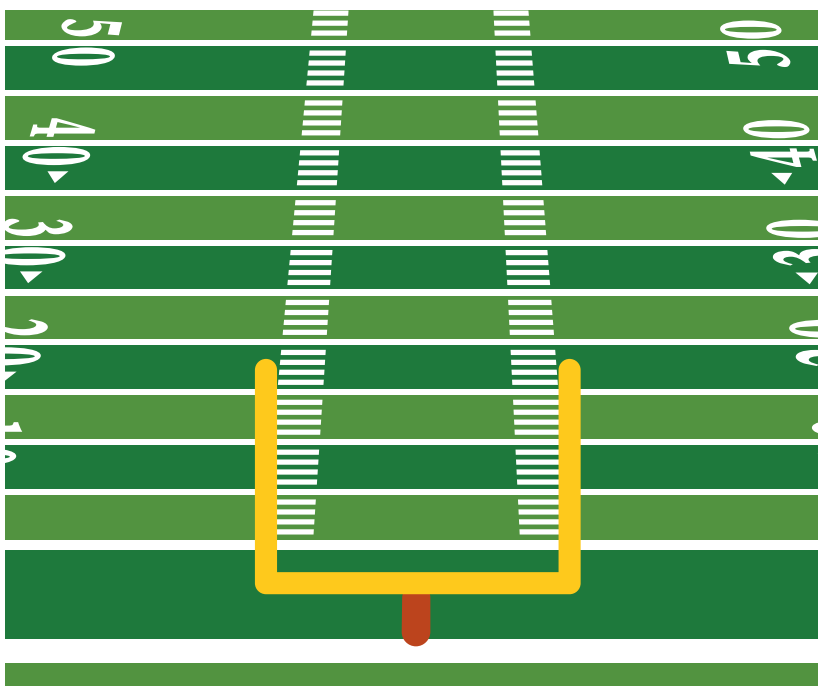
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## OBITUARIES

### Mack Baldwin

Mack Baldwin, 84, of Jacksonville, died Jan. 4, 2019. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

### Victoria "Vickie" Harwood

Victoria "Vickie" Harwood, 24, of Jacksonville Beach, died Jan. 4, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

### Laurel Kean

Laurel Kean, 67, of Jacksonville Beach, died Dec. 31, 2018. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

### Jerry Mascia

Jerry Mascia, 80, of St. Johns, died Jan. 5, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

### Ian McEaney

Ian McEaney, 48, died Dec. 20, 2018. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

### Dr. Wendall Keith O'Steen

Dr. Wendall Keith O'Steen, 90, of Atlantic Beach, died Jan. 1, 2019. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

### Edmund Rice

Edmund Rice, 77, of Ponte Vedra, died Jan. 4, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

### Ruth A. Tilley

Ruth A. Tilley, 79, of Jacksonville, died Jan. 5, 2019. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

### Lyon Perry Wilbur Jr.

Lyon Perry Wilbur Jr., 84, of Ponte Vedra Beach, died Jan. 2, 2019. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

### Jean Winters

Jean Winters, 85, of Ponte Vedra Beach, died Jan. 7, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

## MTSU

Continued from 4

Lastly, county officials said the TDT could also be used to implement a redistribution or reassignment of funding toward the project. Although this funding source is available, the likelihood of passing a supermajority vote for it doesn't fare as well as the other funding sources. This is partly due to the fact that not only is a supermajority vote needed, but the TDT is a Florida statute driven enterprise that has narrow definitions within its funding categories. Redistribution remains an option that will be considered, however.

As discussed in the hearing, the MSTU wouldn't pay for the beach renourishment program directly. A transfer of \$1 million from the county's General Fund has been already taken to start paying for Phase I of the project immediately. The initial phase includes funding for permitting, studies and development of a renourishment program plan. The MSTU would be expected to pay the fund back in conjunction with the grants and TDT options if they are levied but don't cover the full cost. In September, after all funding potential has been considered, the board will reconvene to pass the budget. Depending on the results, in October, the property appraiser would start collecting the tax.

As of now, the process and budget for Phase II of the project is murky. Phase I will be tasked with defining the "conceptual" outlines of the project before laying any groundwork. Although the county is looking at the budget and design of other similar projects already

underway, Phase I will be essential to laying the framework for the actual construction of the project.

At the conception of the MSTU, properties were surveyed in the area. These results showed a positive response toward the implementation of the MSTU. Of the 65.2 percent of responses received, 92.1 percent were in favor of its creation.

Not all county commission board members agreed with the tax, however.

"We looked at the map and saw some very large tracts that were not desirous to be involved in it," Commissioner Jeb Smith of District 2 said at the hearing. "Normally I would be very, very supportive of a self-imposed tax, if that's something that someone wants to impose on themselves. However, when someone doesn't want to participate, I have a tremendous amount of apprehension."

In contrast to Smith, the new District 4 Commissioner, Jeremiah Blocker, came out strongly in favor of the MSTU and has been advocating its implementation since taking office.

"The objective is that we want to get our beaches in great shape so everyone in the county can enjoy those beaches," Blocker told the Recorder. "This is not just for the people that live on the beach, it's for everyone and every part of the county. It's also for those that visit here. They should be able to use the beaches as well. (The MSTU) is going to benefit the whole county. The key is now to start laying the groundwork for Phase II and taking the long view on improving those beaches."

Phase II of construction is projected to take place in mid to late 2020.



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# St. Augustine Lighthouse & Maritime Museum to hold annual Lighthouse Night Fest March 2

Free event to be held in conjunction with the Junior Service League's Lighthouse 5K & Fun Run

In an annual celebration of the longtime bond between the St. Augustine Lighthouse & Maritime Museum, Inc. and the Junior Service League (JSL) of St. Augustine, Inc., the Museum will host the annual Lighthouse Night Fest on Saturday, March 2 from 4 to 8 p.m., in conjunction with the JSL's Lighthouse 5K & Fun Run at the St. Augustine Light Station.

"We love working with the JSL on this community event," said Kathy A. Fleming, executive director of the St. Augustine Lighthouse & Maritime Museum. "Night Fest is a celebration of the shared effort and the preservation of the lighthouse tower, the Keepers' house and the relighting of the original Fresnel lens. The whole family can come out and enjoy free admission as we honor our parent organization and thank the community that helped them save this landmark."

The St. Augustine Lighthouse & Maritime Museum will be open for free to all guests beginning at 4 p.m. Visitors are invited to explore and climb the 219 steps to the top of the Lighthouse for a sunset view. Children's activities will be offered, and guests can tour shipwreck exhibits, the conservation lab, view boat building and



Photo courtesy of St. Augustine Lighthouse & Maritime Museum

**The St. Augustine Lighthouse & Maritime Museum will host the annual Lighthouse Night Fest on Saturday, March 2.**

walk the nature trail.

Funds raised through Night Fest and the Lighthouse 5K & Fun Run will help to continue to preserve the St. Augustine Light Station and keep the light shining.

## History

According to the St. Augustine Lighthouse & Maritime Museum, Inc., members of the Junior Service League of St. Augustine led a community effort to restore the St. Augustine Light Station between 1980 and 1995 after a fire gutted the

1876 lighthouse keepers' house and left the grounds in disrepair. The U.S. Coast Guard sold the house to St. Johns County and separated the tower and home with a chain-linked fence.

"It was a safety hazard, and almost lost to history," Fleming said. "The JSL turned back the bulldozers."

Restoration on the Keepers' House was completed in 1990 and a maritime museum opened by JSL volunteers. Tower restoration began shortly after, guided by expert and late Museum Director Cullen

Chambers. That effort took four years. The JSL signed a lease with the Coast Guard for the tower, which until 2002 continued to keep the light shining, but turned over restoration and public access to the League. The JSL also worked to save the original first order 1874 Fresnel lens after a vandal's bullet damaged it and removal was ordered by the Coast Guard.

The lens was re-lit during the first festival, called Community Day, in 1993. CNN covered the relighting and fireworks. The 145th anniversary of the historic lighthouse will be celebrated on Oct. 15, 2019.

The maritime museum separately incorporated from the JSL in 1998 at the St. Augustine Lighthouse & Museum, but maintains a close and supportive relationship with its one-time parent organization. Today, the League supports many community projects.

In 2002 the Coast Guard gave the St. Augustine Lighthouse & Museum the lighthouse tower and the Fresnel lens through a new federal preservation law. Today, the museum team keeps the light shining.

For additional information, visit [www.staugustinelighthouse.org](http://www.staugustinelighthouse.org).

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# SJCSD to host Program of Choice Showcase Jan. 24

Middle and high school students and their parents in the St. Johns County School District (SJCSD) are encouraged to attend the Program of Choice Showcase from 3:30 to 7 p.m. on Thursday, Jan. 24 at the World Golf Village Convention Center.

Programs of Choice are offered to support a student's interests, career plans or advanced academic needs. A student who enrolls in a Program of Choice participates in theme-related classes over a multi-year time period. According to SJCSD, more than 40 percent of high school students in St. Johns County are enrolled in various Programs of Choice, including Junior ROTC, St. Johns County Center for the Arts, International Baccalaureate and Advanced International Certificate of Education, as well as 19 Career Academy options.

Students and staff from each high school will be on hand to provide information and answer questions about the Programs of Choice offered at their schools. Information about program requirements and registration will also be available. Any student who meets an individual program's requirements and who can provide his/her own transportation may be approved to attend any high school, on a "space available" basis.

For additional information about SJCSD Programs of Choice, call the Career and Technical Education Office at (904) 547-4870.



Photo courtesy of Cultural Center at Ponte Vedra Beach

**The Cultural Center at Ponte Vedra Beach is holding an informational meeting on Wednesday, Jan. 16 to discuss its upcoming trip to Tuscany in fall 2019.**

## Cultural Center to host informational meeting Jan. 16 on trip to Tuscany

The Cultural Center at Ponte Vedra Beach is inviting guests on a trip to Tuscany in fall 2019 and is holding an informational meeting about the trip on Wednesday, Jan. 16.

The meeting will be held from 3 to 4 p.m. at the Cultural Center. In partnership with Getaway2Give, the trip features private tours, wine and gastronomy and special meals prepared by Chef Darren McGrady, former personal chef to Queen Elizabeth II. This exclusive experience will take place Oct. 11-18.

Highlights of the trip include two days mingling with McGrady and Cultural Center friends with a lunchtime cooking demonstration, a "Royal Dinner," and a Tuscan-inspired dinner. Cultural Center travelers will also receive one full day's excursion to a historical Tuscan castle on the Tuscan coast with frescoes and paintings by Fra' Fillip Lippi and other masters.

Additional excursions and special events include wine tastings, olive oil tastings, cooking classes, fishing on an estate's private lake, hiking, horseback riding, truffle hunting, winery tours, Ferrari driving tours and dinner at the famous Osteria Franciscana.

Located just 15 minutes from Florence, "Il Podere Grande di Colle Ramole" was once the family estate of the Ghirlandaio family, headed by Domenico, a painter whose apprenticing workshops are said to have included Michelangelo. Today, the past survives in five estate buildings in Tuscan surroundings. Guests will enjoy their seven-night stay at this 18-bedroom estate including a tasting room, sauna, Turkish bath, gym, spa, lounge, custom pool and restaurant. Daily breakfast is included.

RVSP to the informational meeting by calling Jennifer Jordan at (904) 280-0614 x1202.

Getaway2Give is helping charities raise money through exceptional travel experiences. Getaway2Give has partnered with the Cultural Center at Ponte Vedra Beach to provide this Tuscany experience. For more information on Getaway2Give, visit [www.getaway2give.net](http://www.getaway2give.net).

For more information on the Cultural Center, visit [ccpvb.org](http://ccpvb.org).

## St. Johns CARES raises over \$72,000 through food drive and Giving Tree initiative

Local nonprofit organization St. Johns CARES generated over \$72,000 worth of monetary and in-kind donations during November and December through its annual food drive and Giving Tree initiative.

Community and business support in November enabled St. Johns CARES to assist Christ's Cupboard Food Pantry, St. Francis House and the S.E.A. Community in providing food to county residents in need.

During the December Giving Tree Initiative, 67 St. Johns County businesses, clubs and organization served as Giving Tree host sites. These featured decorated displays with wish tags representing items needed by 40 St. Johns County nonprofit organizations serving seniors, veterans, homeless, abused, children, medical and animals.

For information about St. Johns CARES, Inc., teen and volunteer opportunities and donation opportunities, visit [www.stjohnscares.org](http://www.stjohnscares.org).

## Scholarship applications now available for Community Foundation for Northeast Florida

The Community Foundation for Northeast Florida has opened applications for the following scholarships:

### Byon M. Morris Scholarship

The Byon M. Morris Scholarship will provide up to \$5,000 and disbursed until graduation or a period up to four years to support tuition, books, fees, room and board and degree-related expenses for two graduating seniors who have attained Scouting's highest ranks. One Eagle Scout (Boy Scouts) and one Gold Award winner (Girl Scouts), each of whom must demonstrate an aptitude and desire to succeed, will receive the scholarship. In selecting the successful candidate, the review committee will consider academic achievements, leadership experience, desire for personal growth and financial need. All applicants must have at least a cumulative 3.0 grade point average (weighted) and plan to attend an accredited post-secondary institution on a full-time basis.

### Dorothea B. Shaw Scholarship

The Dorothea B. Shaw Scholarship will provide up to \$6,000 and disbursed until graduation or a period up to four years to support tuition, books, fees, room and board and degree-related expenses for a student graduating from a Duval county public or private school and attending an accredited post-secondary institution in the Northeastern United States. Northeastern states are identified as: Connecticut, Massachusetts, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island and Vermont. In selecting the successful candidate, the review committee will consider academic achievements, leadership experience, desire for personal growth and financial need. All applicants must have at least a cumulative 3.0 grade point average (weighted) and plan to attend on a full-time basis.

### Sam and Lydia Payne Scholarship

The Sam and Lydia Payne Scholarship will provide financial assistance to a student graduating from a North Florida public or private school who demonstrates an aptitude and desire to succeed. The scholarship will support tuition and books, up to \$18,000 and disbursed until graduation or a period up to five years, provided the recipient continues to meet the eligibility requirements. All applicants must have a cumulative 2.2-3.5 (weighted) grade point average and plan to take a full-time course load in pursuit of a bachelor's degree. In selecting the successful candidate, the review committee will consider a desire for personal growth and financial need.

The deadline to apply for all scholarships is March 4, 2019.

Supplemental materials may be mailed to:  
Carol Nieves

The Community Foundation for Northeast Florida  
245 Riverside Avenue, Suite 310  
Jacksonville, FL 32202  
904-224-7204

[cnieves@jaxcf.org](mailto:cnieves@jaxcf.org)

For more information, visit [www.jaxcf.org/file/2019/news-releases-2019/2019-Scholarships-Announcement\\_.pdf](http://www.jaxcf.org/file/2019/news-releases-2019/2019-Scholarships-Announcement_.pdf).

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# Choosing a healthy diet for you



**By Dr. Alexis Romero, DC**  
Special to the Recorder

We often think weight loss is the only reason for dieting. This couldn't be more wrong.

Modern medicine all started with food, diet and natural remedies. As medicine has grown over the years, doctors have strayed from our roots and forgotten the powerful effects that diet, physical activity and proper supplementa-

tion can have on our health and our bodies.

It is important to understand that all "healthy diets" are not created equal and don't affect everyone in the same ways. Marketing of diet plans and supplements have been very misleading in this way. We underestimate the powerful effects of these ancient tools and boil them down to cheap and easy fixes. Individual biochemistry and the ability to affect it through "diet" is one of the

most overlooked and misused tools modern medicine has today.

It's important to understand the role that marketing has played in our view of dieting. The first thing to point out is that none of these fad diet concepts are new! There is no magic biological key that by not eating this or that will unlock your body's ability to fast and result in massive weight loss. Our bodies are not one size fits all, so why do we think diets should be?

After being charmed over the years by the rebranding and repackaging of the same basic dieting programs, many of us are left feeling frustrated when we don't get the desired results. This disappointment leads to the universal thought that diets just don't work. It is partially true. Fad diets are not often a long-term healthy choice.

There are many factors that play into successful weight loss beyond just what you put into your mouth. If you are going to commit to diet, these other factors need to all be addressed simultaneously. You also need to choose a diet plan that is appropriate for your body or continue to be left feeling frustrated and discouraged.

Weight loss is not the only benefit of eating healthy. Science is just starting to unlock the benefits of "individualized" and proper dieting and how it can affect the presentation and prevention of pathology. Diet is something that needs to be tailored to your body and its specific needs. Supplementation should follow these same rules. Without analysis of blood chemistry, physical state, health history and the supplement itself, cheap supplements aren't justified and frankly a waste of money.

Considering most modern medications are founded on the same biological mechanisms and history as herbal supplements, don't you think they should be given the same respect and consideration? It is important to seek help from a medical professional to have blood chemistry analysis, and all other factors taken into consideration before choosing your next New Year's diet plan.

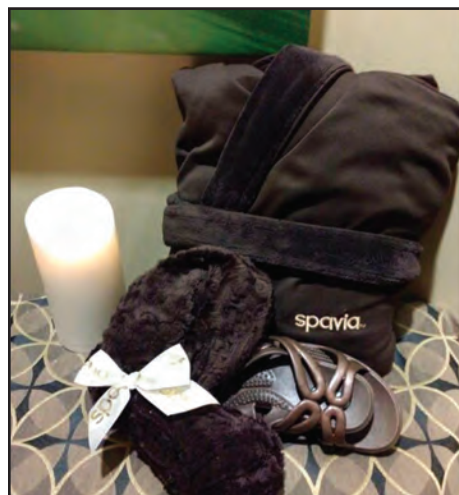
**Dr. Alexis Romero, DC is a wellness and nutrition professional in the Ponte Vedra Area who conducts blood chemistry analysis at her practice, Optimal You Brain Centers, at 151 Sawgrass Corners Drive, Suite 102, in Ponte Vedra Beach. Call (904) 373-5852 for more information.**

## New day spa with focus on wellness, relaxation and community to open in Nocatee

A new day spa is expected to open in Nocatee in February.

To be located at the Nocatee Town Center on the east side of Crosswater Parkway, Spavia® is adding Ponte Vedra to its list of more than 35 day spas nationwide, including another Florida location in Winter Park. Each Spavia® is an affordable neighborhood spa that promotes personal wellness, local businesses and social causes in the community. The spa offers massages, facials, waxing, body wraps, sugar scrubs, make-up, a spa boutique and more.

The sights, sounds and aromas of Spavia® are designed for peace and serenity. The private changing rooms, stone-floored showers, comfy robes and spa sandals all contribute to the experience. Guests are encouraged to relax in the retreat rooms



that offer heated aromatherapy neck pillows, inspirational readings and seasonal exotic teas.



Photos courtesy of Spavia®

**Expected to open in February at the Nocatee Town Center, Spavia® offers massages, facials, waxing, body wraps, sugar scrubs, make-up, a spa boutique and more.**

The Spavia® in Nocatee, which will be located at 80 Pine Lake Drive, Suite B, is owned by Chris and Emily Stoll, who live in Nocatee with their four young children. For more information, visit [www.spaviapontevedra.com](http://www.spaviapontevedra.com).

For questions and to learn more about the Founding Member offer that includes a free month of membership, contact (904) 395-7300 or email [info@spaviapontevedra.com](mailto:info@spaviapontevedra.com).



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# Local spa specials

Is the new year starting to stress you out? Relieve your stress and look and feel your best in 2019 by checking out the following local spa specials/events



Photo courtesy of Sawgrass Marriott Golf Resort & Spa

## SAWGRASS MARRIOTT GOLF RESORT & SPA

### Cheers to Me Pedicure

**Duration:** 45 minutes

**Cost:** \$72, accompanied by a glass of bubbly

**Description:** Immerse yourself in a refreshing bubbling fizzer soak foot bath that both relaxes and invigorates. A warm Sweet Cream exfoliation is followed up by a sweet shea butter massage.

### Ready to Refresh Body Scrub

**Duration:** 50 minutes

**Cost:** \$110, accompanied by a glass of bubbly

**Description:** Your skin is revived with a body oil lightly scented with warm notes of Madagascar vanilla and a dash of Texas distilled bourbon. Your skin drinks in the jojoba seed oil and cocoa seed butter — adding to the hydration factor. Next, a whiskey rubdown with brown sugar and rice bran oil quenches dry skin, followed with a rinse off in the Spa's specialized Swiss shower. The journey concludes with light-as-air Moon Dip Body Mousse in which advanced peptides hydrate and tone.

### Renew and Refine Facial

**Duration:** 50 minutes

**Cost:** \$110, accompanied by a glass of bubbly

**Description:** This treatment is the ideal antidote to tired, dehydrated skin. First, enjoy a rinse with a green tea and coconut milk wash followed up by a soft vitamin Berry tonic. Your freshly cleansed complexion will be treated to a raw honey, yogurt and oats face mask designed to soothe and clarify. Wash it down with a peak antioxidant, wine-infused serum proven to reduce pore size and fine lines. Next, the Three Milk Ageless Moisturizer provides hydration backed with wrinkle-performance peptides that feels instantly firming. An application of advanced peptide Crow Catcher Eye Serum finishes by smoothing fine lines around the eyes.



Photo courtesy of Ponte Vedra Inn & Club

## THE SPA AT PONTE VEDRA INN & CLUB

### January service of the month: Sea Dreamer Body Scrub

**Duration:** 50 minutes

**Cost:** \$150 plus service charge

**Description:** Sea Salts pull toxins out of the body while calming, rejuvenating and enhancing your natural skin tone. The Sea Dreamer Body Scrub offers all organic products and features a warmed mineral sea salt soak and body drizzle, a shea butter sugar scrub and creamy coconut and pineapple shea butter application that hydrates even the driest and flakiest of skin. Savor a complimentary Sea Breeze during January with the Sea Dreamer Body Scrub.

### SkinMedica event

**Friday, Jan. 18 from 11 a.m. to 4 p.m.**

Visit the Spa Boutique and meet with a SkinMedica specialist to discuss your skin care needs. Customize your skin care regime with custom SkinMedica bundles. Enjoy 20 percent off SkinMedica products.

### Dr. Dennis Gross Skincare & Clarisonic

**Thursday, Jan. 24 from 11 a.m. to 4 p.m.**

Stop in The Spa Boutique to meet with a representative from the Dr. Dennis Gross Skincare line about your personal skincare needs. Their latest product — the Spectralite Face Unit — provides a quick anti-aging treatment in under three minutes. Clarisonic will showcase its newest devices — Mia Prima and Mia Smart. Enjoy 20 percent off Dr. Denis Gross and Clarisonic products.

# Health and Wellness Fair to be held at TrailMark community

GreenPointe Communities is inviting everyone to get a healthy start on the new year at TrailMark's Health and Wellness Fair on Saturday, Jan 19.

This event will feature health screenings, fitness demonstrations, chair massages and a blood drive. There will be food trucks, a farmer's market and a kid's run and games. Representatives from local businesses will be on hand to share healthy lifestyle information. The event is free and open to the public and will be held from 11 a.m. to 2 p.m. at TrailMark in St. Johns County.

"We want everyone to come out and make 2019 your healthiest year yet," said Gaynelle James, GreenPointe Communities marketing director. "This event will be full of fun for the entire family and all are welcome to attend."

Onsite attendees will include Florida Health Care Plans, Yoga Den – WGV, Hot Spot Yoga, Superfit Foods, Flagler Nutrition, Wrap it Up, St. John's Emergency Services, Big Red Bus, Big Island Bowls, Crystal Villarreal Massage, JTF Racing, YMCA, Murabella Animal Hospital and Anytime Fitness.

"We are bringing professionals together who can provide information and inspiration to help you live your healthiest and happiest life," said Lynzi Chambers, Evergreen Lifestyle director for TrailMark. "TrailMark provides a healthy setting and we hope everyone will join us for our event."

TrailMark is located at 805 TrailMark Drive in St. Augustine. For more information, visit [www.TrailMarkLiving.com](http://www.TrailMarkLiving.com).

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# Three resolutions to help you meet your 2019 fitness goals



**By Nemiah Rutledge**  
Special to the Recorder

**Nemiah Rutledge**  
Guest Columnist

Each January, fitness centers see a surge of fresh faces working to get healthy in the new year. In fact, dieting or eating healthier, exercising

more and losing weight were the top three resolutions in 2019 according to Statista. Yet, research has consistently shown that 90 percent of New Year's resolutions are never realized. Give yourself the best shot of beating the odds and enhancing your wellness by following these simple but effective fitness resolutions.

## FIND A FITNESS BUDDY

Connect with someone who is invested. In an ideal world, this is someone working out alongside you. Research from The American Society of Training and Development showed that people are 65 percent more likely to meet a goal when they share it with another person. Plus, their chances of success increased to 95 percent when they regularly met with their partners to check in on their progress.

The Society of Behavioral Medicine



Photo courtesy of metrocreativeconnection.com

found group workouts may be especially effective. They did a study that showed working with a partner, especially in a team format, not only improved performance, but doubled the workout time of those who exercised alone.

Don't have someone willing to sweat it out with you? No problem, an accountability partner can help too. This can be a professional you hire to guide you through workouts or simply a trusted friend or family member who calls or texts remotely with helpful reminders and encouragement.

## MAKE IT DAILY

Resolve to do something active every day. Recognize that you won't always be able to squeeze in a trip to the gym or an hour-long bike ride after a busy day, but commit to finding opportunities to keep moving in some way every day. Whether you take a brisk walk around the neighborhood or complete a mini workout in your living room, set aside at least 15 minutes for activity on days you haven't scheduled a full workout or when fitness plans fall through.

A popular study from the European

Journal of Social Psychology determined it takes 66 days to make or break a habit. So, if you begin practicing daily discipline in your fitness goals today, you will cement your commitment to staying fit by April.

## DO SOMETHING NEW

Try something new this year. Getting in shape does not have to translate to countless hours on the treadmill or jogs at the park. While creating an active routine is important, the physical activities you choose can — and should — vary. From Pilates and yoga to surfing, cycling or dancing, there are no shortage of calorie-burning activities that you'll actually look forward to completing.

These basic, overarching fitness resolutions will help you keep the more specific ones you set — whether you want to lose a certain number of pounds, be able to do 10 pullups or improve your heart health. And remember, although the new year is a natural motivator for setting goals, you can start anew on your fitness objectives any time of the year. No excuses, get going today.

*Nemiah Rutledge is the founder and owner of Body Paradox, a Jacksonville-based fitness company that provides corporate and personal fitness training. For more information on his exercise programs and philosophy, visit [BodyParadox.com](http://BodyParadox.com).*

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# Mindfulness meditation offers hope, healing for First Coast residents

By Jon Blauvelt

On Dec. 20, 2008, St. Augustine resident Judy Angyalffy lost her 22-year-old son in a tragic scuba diving accident, resulting in a crushing grief that altered the trajectory of her life forever.

“It just absolutely pulled the rug out from underneath me, took the wind out of my sails and for three or four years at least, it was really hard to get out of bed,” Angyalffy said.

More than 10 years later, however, Angyalffy said she now has a healthier relationship with that grief because of one major change in her life, the practice of mindfulness meditation, which she attributes to saving her life.

“I began to practice, and I began to feel relief,” Angyalffy said. “I began to be ok when that grief came. It certainly still came, and it certainly still comes. But I have a totally different relationship with it now.”

Angyalffy is now helping people achieve a similar transformation in their lives by teaching a course in St. Augustine on Mindfulness Based Stress Reduction, or MBSR. MBSR is an evidence-based program developed by Dr. Jon Kabat-Zinn at the Center for Mindfulness at the University of Massachusetts (UMASS) Medical School.

According to UMASS, more than 24,000 people have completed the eight-week program around the country since its founding in 1979. The program is offered as a complement to traditional medical and psychological treatments — not as

a replacement — and is proven to be effective in helping treat anxiety and panic attacks; depression; work, family and financial stress; asthma; cancer; chronic illness; eating disturbances; grief; heart disease; sleep problems; and more.

“There is research to back up everything that we teach,” Angyalffy said. “It’s not woo-woo.”

Angyalffy, who is MBSR-qualified via UMASS, is teaching her course at Anastasia Fitness in St. Augustine. The orientation, which is part of the curriculum, was held on Saturday, Jan. 5, and the first class is taking place Saturday, Jan. 12.

The program consists of eight additional weeks of classes on Saturdays from 3 to 5:30 p.m., and an all-day silent retreat on Feb. 22. The course will include a maximum of 15 people, plus Angyalffy. The cost to attend is \$275.

Angyalffy said the course will focus on stress, stress reduction, stress reactivity, perception, formal and informal meditation, MBSR yoga, and of course, mindfulness, which she described as “awareness that arises from paying attention in the present moment in a non-judgmental way.”

“There is a peaceful place inside of us that we can access even inside the storm,” Angyalffy said. “It’s (the program) an opportunity for a great deal of healing.”

According to Angyalffy, those who are very recently bereaved or those with post-traumatic stress disorder (PTSD) or chronic depression with three or four relapses should be cautious in completing the program and should discuss such situ-



Photo by Jon Blauvelt

St. Augustine resident Judy Angyalffy says mindfulness meditation saved her life after she lost her 22-year-old son in a scuba diving accident. Now, she’s teaching a course on Mindfulness Based Stress Reduction (MBSR) at Anastasia Fitness in St. Augustine.



MBSR instructor and Neptune Beach resident Susan Wilkinson



MBSR instructor and St. Augustine resident Elizabeth Vanden Houten

ations with her first.

Those interested in learning more about MBSR should contact Angyalffy at (904) 814-4397 or visit [www.anastasiafit.com/mbsr-with-judy/mbsr-with-judy](http://www.anastasiafit.com/mbsr-with-judy/mbsr-with-judy). Visit [www.umassmed.edu/cfm](http://www.umassmed.edu/cfm) for more infor-

mation on MBSR.

#### Other opportunities with MBSR

In addition to Angyalffy, there are other MBSR-qualified and -certified teachers in

MEDITATION continues on Page 20

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Thursday, Jan. 10	Friday, Jan. 11	Saturday, Jan. 12	Sunday, Jan. 13
<p><b>Teach Evidence-Based Health Education Programs</b> Northeast Florida AHEC is actively recruiting community health workers and community members to teach evidence-based health education programs. Join the Partnership/Facilitator Interest Meeting on Jan. 10 at 10 a.m. to learn more about partnership and facilitator opportunities, programs and services offered by the organization. The opportunity is great for community health workers and anyone interested in teaching evidence-based health education programs. The event will be at the Northeast Florida Area Health Education Center, at 2223 Oak St. in Jacksonville. For more information, contact Sherri Cheshire, NEFAHEC senior program manager, at scheshire@north-floridaahec.org or at (904) 482-0189.</p> <p><b>'Whose Line Is It Anyway?'</b> On Jan. 10 at the Florida Theatre, see interactive comedians Drew Carey, Greg Proops, Jeff B. Davis and Joel Murray perform games and skits made famous in the Emmy-nominated TV show, "Whose Line Is It Anyway?" This event is 90 minutes of hilarious improvised comedy and songs all based on audience suggestions. Audience participation is the key to the show, so bring suggestions because attendees might be asked to join the cast onstage. Tickets can be purchased through the Florida Theatre at 128 E. Forsyth St. in Jacksonville.</p> <p><b>Artful Umami: A Japanese Dinner Party</b> Join the Cummer Museum on Jan. 10 for a homage to Japanese culture. This event is an evening filled with beautiful music, colorful performances, umami-packed food and of course, sake. Guests are invited to dress in their favorite hue to celebrate the Museum's Fields of Color: The Art of Japanese Printmaking exhibition. All dinner party guests will enjoy beer, wine, hors d'oeuvres, themed music and artful experiences. The event is from 6 to 9 p.m. at the Cummer Museum of Art and Gardens, which is located at 829 Riverside Ave. in Jacksonville.</p>	<p><b>Catty Shack Friday night feeding</b> This is a 45-minute guided walking tour with the opportunity to see resident animals, which include tigers, lions, cougars, leopards, lynx, coatimundis and foxes. At 7:30 p.m., watch the feeding when Catty Shack hands out over 600 pounds of meat. Night feedings are held every Wednesday, Friday and Saturday from 6 to 8:30 p.m. for more information and ticket pricing, go to <a href="http://cattyshack.org">http://cattyshack.org</a>.</p> <p><b>Rhum Bar hosts local music</b> The Rhum Bar at the new Embassy Suites by Hilton Oceanfront Resort is now offering live music on Friday and Saturday evenings from 5 to 8 p.m. This event is located in the lobby of the hotel at 300 A1A Beach Blvd. in St. Augustine.</p> <p><b>Friday Paddle and Drift</b> Every Friday morning from 7:30 to 9 a.m., join fitness expert Emily for a paddle, stretch and drift workout on paddle boards in Salt Run. This paddle is at your own pace. Participation is free if you have your own equipment. The cost is \$35 for equipment rental, which includes board, paddle, leash and PFD. Meet 15 minutes before at the lighthouse boat ramp at 442 Ocean Vista Ave. in St. Augustine. This event will continue weekly until Jan. 12.</p> <p><b>Women's bible study</b> The Women's Bible Study of Church of Our Savior will begin a new, in depth study of the book of Ezekiel beginning Friday, Jan. 11 from 9:30 to 11:30 a.m. in the second-floor Fellowship Hall. Church of Our Savior is located at 2092 Beach Blvd., Jacksonville Beach. For more information contact Church of Our Savior at (904) 821-8558 or <a href="http://www.church-savior.com">www.church-savior.com</a>.</p> <p><b>Karl Denson's Tiny Universe at the Ponte Vedra Concert Hall</b> The Ponte Vedra Concert Hall announces that legendary funk rock icon and the Rolling Stones' saxophonist Karl Denson will bring his band, Karl Denson's Tiny Universe, to Ponte Vedra Beach on Jan 11. Doors open at 7 p.m. and the performance is at 8 p.m. Admission is \$30 and \$28. The Ponte Vedra Concert Hall is located at 1050 A1A N. in Ponte Vedra Beach.</p>	<p><b>Love Me True Rescue</b> 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 <a href="http://www.lovemetruescue.com">www.lovemetruescue.com</a>. The rescue is also looking for volunteers (18+). Interested suitors can contact Peggy Hatfield at <a href="mailto:peggyhatfield63@comcast.net">peggyhatfield63@comcast.net</a>.</p> <p><b>St Augustine Beach K-9s United 5K/9K/1-Mile Fun Run</b> Hosted by K-9s United, this event unites the community and its K-9 heroes. The race starts at 8 a.m. at the St. Johns County Pier Park on Jan 12. It includes a 5K, 9K and 1-mile fun run. There will also be games, food, drinks and activities. Registration ranges from \$16 to \$50. The St. Johns County Pier Park is located at 350 A1A Beach Blvd. in St. Augustine.</p> <p><b>Second and fourth Saturday Family Seining</b> Hosted by the GTM Research Reserve, the community is invited to join docents from 9 to 11 a.m. to learn how to pull a seine net. Participants will collect fish and crabs as well as learn about their habitats and role in the environment. Waders and boots provided. The program is included with regular admission to the reserve and takes place in the Environmental Education Center. This event is hosted every second and fourth Saturday of the month until Jan. 26. The event is located at 505 Guana River Road in Ponte Vedra Beach.</p> <p><b>Marcia Ball &amp; Her Band at the Ponte Vedra Concert Hall</b> The Ponte Vedra Concert Hall announces rollicking Texas boogie and New Orleans blues pianist and vocalist Marcia Ball &amp; Her Band to the concert hall on Jan 12. Doors open at 7 p.m., and the performance is at 8 p.m. Admission ranges from \$29.50 to \$49.50. The Ponte Vedra Concert Hall is located at 1050 A1A N. in Ponte Vedra Beach.</p>	<p><b>Bride to Be &amp; Wedding Expo</b> Presented by Jacksonville Business Connections, this expo is from 10 a.m. to 3 p.m. at the World Golf Village Renaissance St. Augustine Resort on Jan. 13. There will be 70 vendors as well as bridal workshops and giveaways. Admission is \$5. The World Golf Village Renaissance is located at 500 S. Legacy Trail in St. Augustine.</p> <p><b>Florida Humanities Speaker Series: Florida in the Civil War? Believe it!</b> Visit the Lightner Museum to hear Eliot Kleinberg discuss the strategic role Florida played in the Civil War at 2 p.m. on Jan. 13. Admission is free, reservations are required. The Lightner Museum is located at 75 King St. in St. Augustine.</p> <p><b>Crafts and Cravings festival at the Jacksonville Landing</b> The Crafts and Cravings Festival will feature regional crafters showcasing their unique booths and desirable arts and crafts. This free event will feature vendors, music, entertainment, food trucks and more. Giant yard games and entertainment on the Sleiman Riverfront Stage will be featured as well. This event takes place Jan. 12-13 from 10 a.m. to 5 p.m. The Jacksonville Landing is located at 2 Independent Drive in Jacksonville.</p> <p><b>Anime Day</b> Jacksonville Anime Day is a one-day anime marketplace that brings anime/manga needs without all the hassle or extra expense associated with other conventions. Admission is only \$5 at the door for a full day of anime fun and events, including a dance. Anime Day will take place on Jan. 13 from 10 a.m. to 6 p.m. at the Embassy Suites Jacksonville, located at 9300 Baymeadows Rd. in Jacksonville.</p> <p><b>Auditions for 'The God of Hell'</b> Auditions for "The God of Hell" by Sam Shepard and directed by Raines Carr will take place on Sunday, Jan. 13 at 2 p.m. at The 5 &amp; Dime Theatre Company. The audition will consist of cold readings from the script. Seeking all types, ages and ethnicities. The 5 &amp; Dime is located at 112 E. Adams St. in Jacksonville.</p>

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Monday, Jan. 14	Tuesday, Jan. 15	Wednesday, Jan. 16	Thursday, Jan. 17
<p><b>Trivia at Mellow Mushroom</b> Join Mellow Mushroom every Monday night at 7 p.m. for trivia with Trivia Nation. This event is free to play and there are prizes for the winners. Mellow Mushroom is located at 1018-2 Third St. N. in Jacksonville Beach.</p> <p><b>Winter Online Training</b> ACBC Online Training is a 10-week (30 hour) biblical counseling training course that promotes doctrinal integrity and counseling excellence. This training can be accessed anywhere in the world and is designed to equip every Christian to become a skilled counselor. This course is for those that are interested in growing in their personal walk with Christ, trying to strengthen their ability to make disciples or are ready to begin counseling certification. The course begins on Jan. 14 and is hosted by the Association of Certified Biblical Counselors in Jacksonville. For more information, visit the site at <a href="https://biblicalcounseling.com/training-2/online-training/">https://biblicalcounseling.com/training-2/online-training/</a>. For any questions, email <a href="mailto:info@biblicalcounseling.com">info@biblicalcounseling.com</a>.</p> <p><b>Lunch with Ken Amaro</b> Ken Amaro and crew from First Coast News will be filming a "Come Tell Ken" show over lunch at OP fish house. In 1989, Ken was promoted to the On Your Side Consumer Reporter position. Attendees are invited to come out and "tell Ken" their problems at the First Coast. The event will take place on Jan. 14 at 11 a.m. OP Fish House &amp; Oyster Bar is located at 626 Kingsley Ave. in Orange Park.</p> <p><b>PTO &amp; Principal Chat at Palm Valley Academy</b> Join the PVA Administrative team, along with Guidance Counselors, to learn about the school's Positive Behavior Support Structures on Jan. 14 at 6:30 p.m. This presentation will focus on the foundations of the mission and vision statements, why the PVA Administrative team is leading with Capturing Kids Hearts and how they implement school wide behavior expectations. This event takes place at the Palm Valley Academy on 700 Bobcat lane in Palm Valley.</p>	<p><b>Tapas Tuesday</b> The Cummer Museum of Art &amp; 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 <a href="http://www.cummuseum.org">www.cummuseum.org</a>. The museum is located at 829 Riverside Ave.</p> <p><b>Genealogy at the River House</b> Join the River House for a six-week course to begin the journey into researching genealogy. Call (904) 209-3655 for a reservation. Cost is \$30 for River House Members and \$35 for non-members. Classes are held on Tuesdays beginning Jan. 8 to Feb. 12 at 2:30 to 3:30 p.m. The River House is located at 179 Marine St. in St. Augustine.</p> <p><b>Toddler Tuesdays</b> Join Bravoz Entertainment every Tuesday morning from 9:30 to 11:30 a.m. for Toddler Tuesdays. During this time, the facility is reserved for the exclusive use of toddlers, ages 5 and under. One adult is admitted for free with each child's \$8 paid admission. Bravoz Entertainment Center is located at 14985 Old St. Augustine Road in Jacksonville.</p> <p><b>Quit Smoking Now class</b> Celebrate the New Year Tobacco Free. Join North Florida AHEC for a free Quit Smoking Now class at Flagler Hospital Wellness Center. Classes meet once a week for six weeks. The next class is on Tuesday, Jan. 15 from 6 to 7 p.m. Free patches, lozenges and gum are available. Free quit plans, workbooks, water bottles, stress balls and other tools for smoking cessation are also given to attendees. Call Northeast Florida AHEC at (904) 482-0189 to register and learn more about classes near you. Flagler Hospital Wellness Center is located at 120 Health Park Blvd in St. Augustine.</p>	<p><b>Stress management and dementia support group</b> Cypress Village will host its stress management and dementia support group meeting on Jan. 16 at 3 p.m. The meeting will take place on the sixth floor in the assisted living lounge. Call Lisha Harris at (904) 807-6236 to RSVP and for additional information.</p> <p><b>Aging Parent Support Group</b> The Aging Parent Support Group is open to all who are caring for their mother and/or father. This group is presented by Ponte Vedra Home Care and will be held Jan. 16 at 6 p.m. in the First Atlantic Bank Building. To RSVP, Call or Text Karen Feliciano at 904-907-7880. Space is limited. Coffee and Tea will be served. First Atlantic Bank is located at 100 Corridor Road South, 2nd Floor, Room #280 in Ponte Vedra Beach.</p> <p><b>Career Builder Challenge Weekend Honoring Bob Hope</b> The World Golf Hall of Fame is celebrating the Career Builder Challenge, formerly the Bob Hope Classic, this week. Guests can enjoy the Bob Hope: Shanks for the Memory exhibit while watching the tournament in the Bob Hope Theater. In a nod to Hope's years of service entertaining the U.S. military, the Hall of Fame is giving active and retired military free admission to the museum. The museum is open 10 a.m. to 6 p.m. Monday through Saturday and noon to 6 p.m. on Sunday. The event will repeat daily until Jan. 20 at One World Golf Place in St. Augustine.</p> <p><b>Randy of the Trailer Park Boys presents: Cheeseburger Picnic</b> Based on the character from the hit program, Trailer Park Boys, Randy's Cheeseburger Picnic brings a storm of non-stop laughter and audience interaction. A bit of stand-up, a bit of silly contests, some classic Randy punch lines and a chance to meet your favorite TPB cast member. And of course, a lot of cheeseburgers. This event takes place on Jan. 16 at 8 p.m. at 1904 Music Hall, located at 19 N. Ocean St. in Jacksonville.</p>	<p><b>PVHS PTO college admissions workshop</b> The Ponte Vedra High School PTO is hosting an interactive college admissions workshop entitled "The Admissions Game" on Jan. 17 at 6:30 p.m. at the school's auditorium. Speaker Peter Van Buskirk, who is the former dean of admissions at Franklin &amp; Marshall College and author of "Winning the College Admission Game," will present strategies to help families navigate the college admission process as they engage in a simulation during which they are members of an admissions committee and reviewing the applications for four fictional candidates. The program is free and open to the public, but pre-registration is required at <a href="http://RevolutionPrep.com/workshops/22749">RevolutionPrep.com/workshops/22749</a>. Ponte Vedra High School is located at 460 Davis Park Road. For questions, contact the PVHS PTO at <a href="mailto:pto4pvhs@gmail.com">pto4pvhs@gmail.com</a>.</p> <p><b>Grief support group</b> A grief support group meets on the third Thursday of every month at St. Paul's Catholic Church in Room 102 of the Family Life Center, 578 First Ave. North, Jacksonville Beach. The group is for men and women who are grieving the death of a family member or friend. The next meeting will be on Thursday, Jan. 17 at 7 p.m. For information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p><b>Starling at Nocatee open house</b> Starling Senior Living will be hosting its first of the year open house on Jan. 17. Located in the heart of Nocatee, Starling is an oasis of luxury, offering multiple lifestyles in an exceptional environment. The Starling will have its doors open from 1 to 3 p.m. with sales counselors present for tours and info. Light hors d'oeuvres will be served. The Starling is located at 999 Crosswater Parkway in Ponte Vedra.</p>

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## Florida Park Fit initiative encourages Floridians to get outdoors and create healthy habits

The Florida Department of Environmental Protection is kicking off the new year with a new fitness initiative, Florida Park Fit.

The program hopes to promote outdoor activity in Florida's award-winning state parks. Visitors can observe interesting plants and rare wildlife, all while burning calories and enjoying Florida's natural spaces.

"Spending time outdoors provides a multitude of health benefits, and I stay fit by walking, bicycling and swimming in parks," Florida State Parks Director Eric Draper said. "We are proud that our parks provide safe and relaxing places for people to enjoy the outdoors while moving

around and getting fit, and we invite visitors to participate in group fitness events this January and all year round."

Florida is home to more than 10,000 miles of land-based trails and 4,000 miles of paddling trails, providing opportunities for visitors to get fit by hiking, biking, paddling, swimming, geocaching and more. If visitors don't want to purchase park entry each time they visit, Florida parks offer annual individual and family passes online or in-person.

Additionally, many parks host group recreational activities, including yoga classes, stand-up paddle boarding classes and ranger-led hikes.

Visit [floridadep.gov](http://floridadep.gov) for more information.

## LifeSouth celebrates National Blood Donor Month in January

Annual observance honors blood donors around nation, including Northeast Florida

Every two seconds, someone in the United States needs blood.

Locally, LifeSouth Community Blood Centers — the sole blood provider for many area hospitals, including Wolfson Children's Hospital, Baptist Health hospitals, Memorial Hospital and Orange Park Medical Center — will participate in National Blood Donor Month to celebrate the selfless blood donors of Northeast Florida and encourage first-time donors to give the gift of life.

National Blood Donor Month was first celebrated in January 1970, after President Richard Nixon issued a proclamation establishing the observance. Now in its 50th year, the observance brings attention to the impact of blood donors at a time when many blood centers around the nation experience a supply shortage.

"Blood donors are truly the unsung heroes of the communities we serve," said Nancy Eckert, CEO of LifeSouth Community Blood Centers. "As the presidential proclamation states, 'the voluntary blood donor truly gives life itself.' Just one donation to LifeSouth can help save three lives in the community. We extend our deepest gratitude to the donors who make our work possible."

LifeSouth encourages Northeast Florida residents to participate in National Blood Donor Month in one of the following ways:

- **Make a donation.** Approximately 37 percent of the U.S. population is eligible to donate, yet only 5 percent are active donors. LifeSouth welcomes regular and first-time donors to visit one of its two donor centers in Northeast Florida, or find one of the signature red, white and blue buses. All month long, donors will receive a special long-sleeve T-shirt (while supplies last). Donors will also receive a movie ticket when they donate with LifeSouth between Jan. 1 and Jan. 15.

- **Host a blood drive.** LifeSouth welcomes the support of businesses, organizations, churches and professional groups looking for a meaningful way to give back in the new year.

- **Share your story.** "No one ever asked me to donate" is one of the most common reasons why people don't give blood, according to LifeSouth. Your personal story about why you donate can help save lives. Tag @LifeSouth in your story on Facebook, Twitter or Instagram, and use the hashtag #NationalBloodDonorMonth.

To find a donor center or blood drive, or to learn more about hosting a blood drive, visit [LifeSouth.org](http://LifeSouth.org).

## Simple ways to look and feel your best

At the dawn of a new year, many people resolve to reach for new heights. On the path to personal growth or improvement, one may find that making a few adjustments can greatly increase confidence and satisfaction.

The adage "don't judge a book by its cover" can inspire people to look beyond the outer shell to what lies beneath. However, how a person presents himself or herself undeniably has an impact on how this person is perceived. Therefore, individuals can make small changes that improve how they look and feel about themselves. This, in turn, may make people more self-assured.

- **Undergo a teeth-whitening treatment.** A bright, welcoming smile portrays friendliness and confidence. People who hide their smiles because of yellowing teeth can find that investing in at-home whitening strips or gels, or working with a dentist for professional whitening services, can dramatically change their looks.

- **Skip the pockets.** Rely on clothing that is pocket-less, especially if you're prone to putting hands in pockets. Body language experts say that people put their hands in their pockets when they are uncomfortable or unsure of themselves. Keeping one's hands free can project more confidence in all they do.

- **Get a tailored wardrobe.** Ill-



Photo courtesy of [metrocreativeconnection.com](http://metrocreativeconnection.com)

**Start with a bright smile and then work on other methods to help you feel better and more confident.**

fitting clothing may tell others you don't care about your appearance, even if you do. Sometimes off-the-rack clothing just doesn't fit as well as a person may hope, especially if that man or woman is between sizes. Working with a tailor or seamstress to make clothing fit better can help people feel more comfortable in everything they do.

- **Practice better posture.** Standing tall with shoulders back and head held high can do everything from project assertiveness to help clothes fit

and fall better.

- **Properly groom your brows.** Men and women both can benefit from well-tended brows. These eye-framing wonders are one area on the face people tend to notice first. It pays to keep them well-groomed and neat.

- **Start exercising.** Exercise does wonders for not only maintaining a healthy, fit body, but it also can improve mood.

These suggestions are relatively easy tweaks to help a person put forth his or her best self.

## Meditation

Continued from 17

the Beaches areas, such as St. Augustine resident Elizabeth Vanden Houten and Neptune Beach resident Susan Wilkinson.

The duo is currently teaching an MBSR course at In Balance in Jacksonville Beach. The course began this week, so openings are not currently available. Moving forward, though,

Wilkinson told the Recorder she typically teaches eight-week courses in September and January, and that Vanden Houten may be interested in leading a course in late spring or summer. As a result, future opportunities may become available and will be posted to Wilkinson's website, [www.susanmindfulmeditation.com](http://www.susanmindfulmeditation.com), as soon as possible. In addition, Wilkinson, who has been teaching MSBR courses in the Beaches area for three years, offers private sessions.

"There's increasing interest in this work, and more and more people are looking for a better way of life," Wilkinson said. "A lot of people do sit and mediate, and that's just fine. There's nothing wrong with it. We teach people to sit and meditate. But we also teach them a mindful way of living. Mindful walking. Mindful eating. It's a journey, and it's more of a way of changing your lifestyle, than it is just sitting and doing a 30-minute meditation every day."



# Business Weekly

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## Dream Finders Homes to build townhouses at Beacon Lake

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## Liz Snead joins Ponte Vedra/ Nocatee office of Berkshire Hathaway HSFNR

Berkshire Hathaway HomeServices Florida Network Realty recently welcomed Liz Snead to its Ponte Vedra/Nocatee office.

Snead joins Florida Network Realty as a newly licensed realtor and native Floridian, having recently moved back to Ponte Vedra after 20 years living and raising a family in Georgia and, most recently, California.

Snead has experience in both sides of real estate transactions — with her personal homes in the Atlanta area and rental properties in Florida. She has undertaken the tasks of home buying, selling and moving many times and understands the time and effort required to make the myriad decisions involving the company's largest assets. As a realtor, Snead seeks to understand and get to know her clients and their specific needs to comfortably guide them through what can sometimes be a daunting process.

In her spare time, Snead enjoys reading, exercising and working on her house. She is an animal lover and has enjoyed getting to know the countless birds and other types of Northeast Florida wildlife since moving into her home near the water.



Liz Snead

“With Liz’s enthusiasm for helping her clients buy or sell their home and her passion for working with people and forging connections, I’m sure she’ll go far in her career as a realtor,” said Holly Hayes, broker/manager of the Ponte Vedra/Nocatee office. “We are excited to have Liz join our ‘real estate family.’”

For more information, Snead can be reached by phone at (770) 313-4492 or at Liz.Snead@FloridaNetworkRealty.com. Visit her website at LSnead.FloridaNetworkRealty.com. The Ponte Vedra/Nocatee office is located at 333 Village Main St., Suite 670, in Ponte Vedra Beach.

## We must fight to master our greatest opponent

Harry Pappas  
Columnist

By Harry Pappas

Gimme, gimme, gimme! I need more. I am never satisfied. Sadly, that is the ego mantra!

It was the legendary Hindu sage, Ramana Maharshi, who said, “All unhappiness is due to the ego. With it comes all your trouble. If you would deny the ego and scorch it by

ignoring it, you would be free.” Spot on! Amen, Mr. Maharshi!

To underscore the spiritual teacher’s position regarding the ego, I turn to one of my favorite self-help books, “Ego is the Enemy” by Ryan Holiday. The author pens an incredibly humbling and thought-provoking read that accomplished what most of my other beloved books do: It made me conduct a studious self-assessment. When you hear the word “ego,” do you think arrogance, self-absorption or condescension?

Many will argue that having a prominent ego is a great asset, akin to the well-known egos of Mother Teresa, Mahatma Gandhi and Martin Luther King Jr. I suggest that the big difference between the egos of these three difference makers is that they had a “purpose,” one that would benefit others and not necessarily themselves. Therefore, an ego accompanied with a burning purpose to serve others is a remarkable attribute. Nevertheless, my viewpoint is that the vast majority of us have gigantic egos, but questionably without purpose, and that, my friend, is dangerous!

Most psychologists appear to use the word “egotist” to refer to someone who is dangerously focused on himself or herself, with disregard for anyone else. These self-centered peeps are scarcely aware that other people exist, including God! At the risk of offending you and me, there is an egotist (without purpose) prowling inside all of us.

For whatever reason, however, we do not recognize the self-publicist. While reading Mr. Holiday’s illuminating read, it became clear that I allowed my ego to get a strong hold on me for many years without being aware of my journey down the slippery and treacherous road of “wanting more.” I accumulated many of the trappings of the success, such as influence, a platform, press, resources, money and even a little notoriety.

## Chamber’s EDC Quarterly Breakfast to feature address from NFTPO executive director

Jeff Sheffield, the executive director of the North Florida Transportation Planning Organization (NFTPO), will deliver a keynote address at the St. Johns County Chamber of Commerce’s next Economic Development Council (EDC) Quarterly Breakfast on Friday, Jan. 25.

As North Florida’s independent regional transportation planning agency for Duval, Clay, Nassau and St. Johns counties (a 3,000 square mile area), the NFTPO helps the area coordinate its transportation strategies and priorities. According to the Chamber, new transportation modes will be game-changers

for the economic development of the region and the county. Sheffield’s discussion will include items in the long-range plan that will impact St. Johns County.

The event will take place from 8 to 9:30 a.m., with the program starting at 8:30. It will be held at Shell Hall at the World Golf Hall of Fame in St. Augustine, which is located at 1 World Golf Place. The cost to attend is \$40 for members and \$50 the day of the event. Register online at [www.sjchamber.com](http://www.sjchamber.com). Non-Chamber members should contact [erin.johnson@sjchamber.com](mailto:erin.johnson@sjchamber.com) if interested in attending.



Jeff Sheffield



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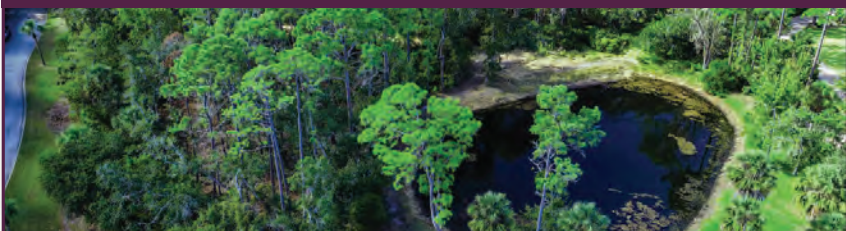
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# Pappas

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In hindsight, it become abundantly clear that my ego insisted on me pursuing more, as in more stuff, more accomplishments, more triumphs, more recognition, more money and the more list continued indefinitely. Yep! More is the mantra of the ego!

Regrettably, my self-worth often made me angry, irritable and as embarrassing as it is to admit, I lost restraint at times and you do not want me to tell you how grouchy I used to be! Talk about a recipe for failure! As they say, the fire that fuels also consumes. Stated more simply, the same drive and compulsion that made me successful by industry standards came with a price ... a big price, and I have the scars to prove it!

In another incredible book, "The Road to Character" by David Brooks, the author said something that made me stop and read the sentence repeatedly. Responding to what the author calls the culture of BIG ME, which emphasizes external success, Brooks challenges us to rebalance the scales between our "resume virtues" (achieving wealth, fame and status) and our "eulogy virtues," those that exist at the core of our being, which is kindness, bravery, honesty or faithfulness. I found Brooks' simple but profound wisdom to be a breath of fresh air, especially given our current self-centered era where far too many folks cannot seem to wait to announce their accomplishments on social media or at a dinner party.

So, how do we fight to master our greatest opponent, the ego? I suggest the answer is "humility" that is built on the foundation of a giver's mentality! Very few characteristics impress me more than

humbleness, which I define as a person who consistently observes and listens. Contrary to the antics of legendary boxer Muhammad Ali who said, "It's hard to be humble when you're as great as I am," unpretentious folks take the approach of say little, and do much.

Perhaps you are like me in that when we get outside of "US" and contribute to others, we really begin to feel alive and happy. In the end, no matter how educated, wealthy, talented or how great we think we are, how we treat people ultimately speaks volumes about us. Our ability to develop a reputation as one of humbleness, character and integrity is the highest achievement in business and personal life. Yes indeed, our ego is not our amigo!

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# Dream Finders Homes to build townhomes at Beacon Lake

Dream Finders Homes is planning to build a new neighborhood of townhomes in Beacon Lake called Harborside at Beacon Lake.

The neighborhood will consist of 196 luxury townhomes ranging from 1,288 to 2,037 square feet. The townhomes will be priced in the \$200s.

Situated on 43 acres in the northwest section of the community, Harborside townhomes will have water and nature preserve views, three pocket parks and a stop-a-while featuring a gazebo. Harborside residents will enjoy all the amenities Beacon Lake has to offer including the Lake House Amenity & Fitness Center.

Construction for the neighborhood is expected to begin in late 2019.

Visit [www.beaconlake.com/join-harborside-vip-list](http://www.beaconlake.com/join-harborside-vip-list) to join Harborside at Beacon Lake's VIP list and receive information about townhome pre-sales, floor plans and pricing as it becomes available.

Located on the south side of County Road 210 between U.S. Route 1 and Interstate 95, Beacon Lake is within the St. Johns County Public School District and zoned for A-rated schools including Ocean Palms Elementary School, Alice B. Landrum Middle School and Allen D. Nease High School. Visit [www.beaconlake.com](http://www.beaconlake.com) for more information.



A map shows the plans for Harborside at Beacon Lake, a new neighborhood of 196 luxury townhomes. Image courtesy of Beacon Lake

# 11th annual Restaurant Week coming to Amelia Island Jan. 18-27

Northeast Florida's Amelia Island is prepping for its 11th annual Restaurant Week (Jan. 18-27), a 10-day culinary showcase featuring culinary events and fixed lunch and dinner menus at a wide selection of the island's most popular and award-winning dining establishments.

"The dining scene on Amelia Island continues to evolve, with a growing number of award-winning local restau-

rants, from five-star dining to beach-front shrimp shacks," said Gil Langley, president and CEO of the Amelia Island Convention and Visitors Bureau. "We're a small island with a big appetite. For our visitors — and those of us lucky enough to live here — Restaurant Week is the perfect time to get out and have a taste of the island's wonderful culinary scene."

The lunch option is \$12 per person

and includes an entrée, side and a non-alcoholic beverage, while the dinner option (priced at either \$21, \$31 or \$41 per person) includes three courses and a beverage. Restaurant Week will also feature a variety of dining and cocktail-related activities, including a "Salt & Savor" kick-off dinner (Jan. 16) at Salt at The Ritz-Carlton, Amelia Island, and a "Sea & Sky" finale event (Jan. 26) at the

Omni Amelia Island Plantation.

Nearly 30 of the island's most popular restaurants are participating in the 2019 Amelia Island Restaurant Week, providing fixed menus for either lunch, dinner or both. A complete listing of participating restaurants, menus, special event information and discounted hotel packages can be found online at [www.ameliainland.com/yummy](http://www.ameliainland.com/yummy).

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# MEET YOUR EYE DOCTOR



Photo courtesy of metrocreativeconnection.com

## How to reduce damage to eyes resulting from prolonged screen time

According to a 2015 report published in the Daily Mail, many people spend more time on their devices than they do sleeping. A recent Nielsen Company audience report also found that adults in the United States devote about 10 hours and 40 minutes each day to consuming media on their personal computers, tablets, multimedia devices, TVs and more.

Researchers continue to study the effects of screen time on personal health, but there is reason to believe that screen time may be especially harmful to vision. Devices force the eyes to focus at near range, and over time that can have an adverse effect on vision.

Prevent Blindness America said that eye fatigue, dryness and blurred vision are some of the common effects of prolonged screen use, but these are not the only concerns. Digital devices also expose the eyes to blue light. While research as to how blue light impacts vision is ongoing, there is concern over

the long-term effects of screen exposure since these screens are in close proximity to the eyes and use is often prolonged. Prevent Blindness America said that studies suggest continued exposure to blue light over time can lead to difficulty focusing, premature aging of the eyes and even damage to retinal cells.

A recent study by the National Eye Institute found the frequency of myopia, also known as near-sightedness, has increased exponentially in the last few years. Reasons include a spike in time spent looking at things close-up and a lack of outdoor activities that require focusing elsewhere. The American Academy of Pediatrics noted that a separate study recently found that excessive screen time usage in adolescents was associated with development of acute onset esotropia, or crossing of the eyes, and that limiting usage of gadgets decreased the degree of eye crossing in these patients.

Eyes, just like any other muscle, require a varied workout to remain healthy. Many vision experts recommend the 20-20-20 rule. According to this rule, for every 20 minutes of looking at a screen, a person should look away at an object 20 feet away for 20 seconds or more. This will help eye muscles to relax. The group All About Vision said to use proper lighting, such as ambient lighting. Position a computer monitor so that windows or lights are to the sides instead of in front or behind it. Be sure indoor light isn't too bright, as bright light can contribute to glare and fatigue.

Antireflective lenses on eyeglasses or filters for screens also can help absorb some of the blue light and limit how much reaches the retina and accesses the central nerve of the eye. This may alleviate digital eye strain as well. Screen users may want to adjust the display of their devices so they feature a cool, gray tone, which produces less glare.

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# MEET YOUR EYE DOCTOR

## Tips for living with low vision

Visual impairment affects people of all ages and all walks of life. The American Foundation for the Blind defines visual impairment, often referred to as “low vision,” as any vision problem that is severe enough to affect an individual’s ability to carry out the tasks of everyday living. Millions of people have some degree of visual impairment that requires corrective lenses, and some still struggle even while wearing glasses or contact lenses.

People with low vision can experience difficulty performing daily activities, such as cooking, shopping, reading, watching television and more. Some practical solutions can help people address changes in their vision.

- **Use more light.** After about age 60, many people require additional light to perform most indoor tasks as well as outdoor activities. After age 60, the pupil no longer opens as widely as it once did, which affects the amount of light that reaches the retina, where vision processing occurs. Brighten areas of the kitchen, garage, crafting table and other areas where fine details are examined.

- **Rely on darker contrasts.** Contrasting colors can make it easier to see edges and

lines of demarcation. For example, use a dark tablecloth and white dishes to see table settings and food more clearly.

- **Label items.** Bold-colored labels or those of different shapes can help set items apart when reading containers or boxes becomes challenging.

- **Use filters and shields.** Certain devices, such as lens filters and shields, can reduce glare and improve vision. Individuals also can invest in shields for their computers or tablet screens to reduce glare.

- **Choose “large print” formats.** At local booksellers, seek books that are available in large print. This makes it easier to enjoy reading.

- **Switch bulbs at home.** The eye care resource All About Vision suggests swapping fluorescent and incandescent light bulbs with warm-toned LED bulbs. These bulbs emit less blue light and can be more comforting with reduced glare.

- **Invest in adaptive devices.** Large-button phones with speed dial, large-print calendars, watches that speak the time and digital home assistant devices also can help men and women overcome vision loss.



Photo courtesy of metrocreativeconnection.com

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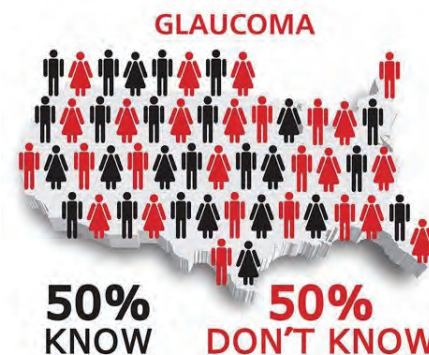
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Photo courtesy Alhambra Theatre &amp; Dining

Alhambra Theatre & Dining will kick off its 2019 season with the popular musical "Godspell," opening Jan. 11.

## Alhambra to kick off 2019 with 'Godspell'

Alhambra Theatre & Dining is launching its 52nd season and kicking off 2019 on Jan. 11 with the Broadway and pop culture hit, "Godspell."

The first major musical theatre offering from three-time Grammy and Academy Award winner Stephen Schwartz, "Godspell" features a parade of beloved songs, including "Day by Day," "Prepare Ye the Way of the Lord," "Learn Your Lessons Well," "All for the Best," "All Good Gifts," "Turn Back, O Man" and "By My Side."

The story revolves around a small group of high school students who help the main character, "Jesus Christ," tell different parables by using a wide variety of games, storytelling techniques and hefty doses of comic timing. An eclectic blend of songs, ranging in style from pop to vaudeville, is employed as the story of Jesus' life dances across the stage. Dissolving hauntingly into the Last Supper and the Crucifixion, Jesus'

messages of kindness, tolerance and love come vibrantly to life.

Boasting a score with chart topping songs, a book by a visionary playwright John-Michael Tebelak and a feature film, "Godspell" is structured as a series of parables, primarily based on the Gospel of Matthew. The parables are interspersed with music set primarily to lyrics from traditional hymns, with the passion of Christ appearing briefly near the end of the show.

"Godspell" is on stage at the Alhambra through Feb. 10. Alhambra tickets start at \$38 and include a three-course meal that changes for each show, a Broadway-style performance and complimentary parking. Tickets can be purchased on line at [www.alhambrajax.com](http://www.alhambrajax.com) or by calling (904) 641-1212.

*This is the 10th season for Craig Smith and Theatre Partners, LLC at the helm of the Alhambra.*

## Christ Episcopal Church to hold auditions for 'Godspell' Jan. 12-13

Auditions for the Christ Episcopal Church spring musical, "Godspell," will be held Saturday, Jan. 12 from 9 a.m. to noon in the Contemporary Worship Space, and Sunday, Jan. 13 from 2 to 6 p.m. in the Cooper Chapel.

Cast size will be flexible and will include a large ensemble chorus. Anyone interested in auditioning should come prepared to perform 32 bars from a contemporary musical, as well as two short contrasting monologues — one comedy and one serious.

The production will feature many adult roles as well as some for children, who must be in third grade or above.

The show will be performed April 4, 5, 6, 7, 11, 12 and 13 at the church.

Callbacks will take place Monday, Jan. 13. Rehearsals will be held Tuesdays and Thursdays from 6 to 9 p.m. and Sundays from 2 to 6 p.m.

To sign up for a 10-minute audition slot, contact Barbara Roberts at [barbara.roberts13@aol.com](mailto:barbara.roberts13@aol.com). The church is located at 400 San Juan Drive in Ponte Vedra Beach.

## Wines for Music fundraiser to be held Feb. 10 for Jacksonville Symphony Orchestra

Beaches Residents Actively Supporting the Symphony (BRASS) will host Wines for Music on Sunday, Feb. 10 from 6 to 9 p.m. at the Marsh Landing Country Club.

This annual fundraising event will raise money for the Jacksonville Symphony Orchestra. The event will feature premier wines paired with hors d'oeuvres and live music performed by Jacksonville Symphony Orchestra musicians. In addition, both a silent and live auction will be held. Tickets are \$100 per person for BRASS members and \$125 per person for non-members. Tickets can be purchased at [www.Brassonline.org](http://www.Brassonline.org).



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# St. Johns County resident's art exhibit on display at County Administration Building

Anna Miller, a longtime St. Johns County resident and artist, has opened a two-month exhibition at the St. Johns County Administrative Building's Rotunda.

The showing is scheduled through March 1, with a grand opening Jan. 15 from 8:15 to 9 a.m., in the Rotunda prior to the regularly scheduled St. Johns County Commission meeting.

Original poetry will be shown in adjacency to Miller's artwork. The poetry was produced by various poets via the Ancient City Poets organization, a St. Augustine group that congregates at the Corazon Cinema and Café on the final Sunday afternoon of each month for readings.

Additionally, The Vault at 1930 Art Gallery, located at 1930 San Marco Blvd. in Jacksonville, will have a showing of Miller's work from Jan. 25 to Feb. 11, with an opening reception on Friday, Jan. 25.

Miller has lived in Northeast St. Johns County for a decade and is married with two school-age children being educated in the St. Johns County School system. Specializing in figurative and abstract art, Miller was born in and grew up in Europe and has been drawing since childhood. At age 12, she entered a school for Fine Arts and continued studies at the National Academy of Fine Arts and

Architecture of Ukraine, earning a Master degree of Art in painting.

Shortly after graduation, Miller moved to United States and posted some of her artwork online, which drew an inquiry about teaching art at the collegiate level. She has continued teaching for more than 17 years in varied subjects about color theory, abstract and figurative arts. During this time, Miller earned a Master of Fine Art in painting from the Academy of Art University in San Francisco.

Miller has conducted several Jacksonville-area shows, been a member of several local galleries and taught workshops for groups of local artists and enthusiasts. Most recently, Miller was awarded "Best in Show" for her portrait of Pablo by the Saint Augustine Art Association.

For this exhibition, there is no admission charge and the public is welcome during normal business hours, Monday to Friday from 8 a.m. to 5 p.m. The public is also invited to the opening at the building located at 500 San Sebastian View in St. Augustine.

Go to [www.amilarte.com](http://www.amilarte.com) for more information on Anna Miller. For more on the Ancient City Poets, visit [www.bodor.org](http://www.bodor.org).



Photo courtesy of Clayton Communications

Artist Anna Miller's work will be a part of a two-month long exhibit at the St. Johns County Administrative Building's Rotunda.

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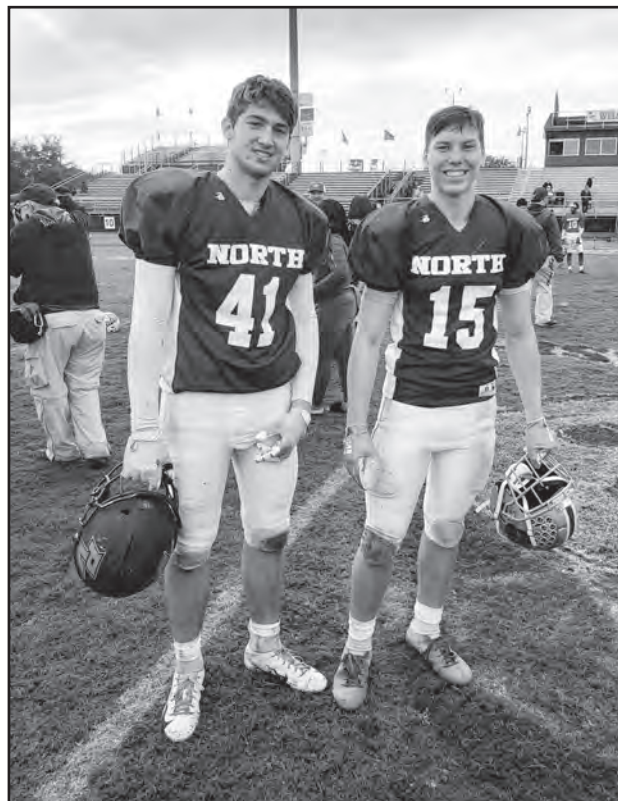
THURSDAY, JANUARY 10, 2019 · PAGE 28

www.PonteVedraRecorder.com

## PONTE VEDRA, NEASE FOOTBALL PLAYERS COMPETE IN ALL-STAR GAMES

Ponte Vedra Sharks tight end Nick Pirris (left) and Nease Panthers Nic Bunkosky safety/wide receiver were selected to represent the North in the Florida Athletic Coaches Association (FACA) 64th North/South All-Star Classic on Dec. 15, at The Villages. The North All-Stars forced six turnovers in a 27-16 victory over the South to win the annual matchup for the first time since 2014. Also, Nease quarterback Preston Staples participated in the Northeast Florida Football Coaches Association (NFFCA) All-Star Game at Ridgeview High School on Dec. 16. Area athletes will also represent Florida in the annual Florida/Georgia Border War on Jan. 11 in Valdosta, Georgia. Nease's Staples, Bunkosky and middle linebacker Stephen Sarama will participate. Nease coach Tim Krause and defensive coordinator Zack McGee will be assistant coaches in the game.

Photo courtesy of Scott Bunkosky



## PVHS alumna Hannah Berman finishes 5th at Orlando International Amateur

Ponte Vedra High School alumna and Jacksonville University women's golf junior Hannah Berman completed the Women's Orlando International Amateur Jan. 3-5 with a 71 to finish fifth in the event.

Entering the day tied for 11th, the first under-par round of the weekend enabled her climb 15 spots up the leaderboard over her final 36 holes. Berman's final total was 218 (74-73-71), as she adapted to Orange County's Panther Lakes Course and improved throughout the event. She sank two birdies and managed par on all but one other hole Saturday.

"It was a really great event and I feel like my game was in good shape to be near the top of the leaderboard," Berman said. "There were so many great players, a lot of them

BERMAN continues on Page 30

1	2	3	4	5		6	7	8		9	10	11	12
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66						67				68			
69						70				71			

### THEME: FACES & PLACES

#### ACROSS

- Fraternity K
- \_\_\_\_Jeeves.com
- Civil rights icon
- Think tank output
- Like a dim star
- What pigeon did
- \*Up on compass
- Shakespearean fuss
- Did like goo
- \*On a novelty button
- Decline
- Galley tool
- "Workers of the world, \_\_\_\_!"
- \_\_\_\_-Air in L.A.
- Way off freeway
- \*Pain scale faces, e.g.
- "-zoic" periods
- "\_\_\_\_ good example"
- Xe
- Hokkaido native
- \*Face in a text
- Crescent
- \*Like Jason's or Freddy's face
- October birthstone
- Genealogical plant
- Capital of Taiwan
- "Tosca" tune
- Blunder
- Chopper blade
- One of Indiana's quests

- \*On a prankster's face?
- \*Like one at a haunted house
- Selected
- Water snake
- Prejudiced person
- Macho men
- Pastrami holder
- South American camelid
- \*Like one in front of Taj Mahal?
- Create with cloth
- George to George W.

#### DOWN

- Reunion bunch
- #17 Across, pl.
- Make waves
- BBQ spot
- Masonry unit
- Not home
- \*Like one at a funeral
- Familiar
- \*Face on Mount Rushmore
- Do like goo
- "As \_\_\_\_ on TV"
- Put two and two together
- Cerebral part
- Clear the board
- Doesn't mix with water
- To the required standards, 3 words
- \*In Beauty's magic mirror

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

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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.

- "The Goldbergs" sibling
- Hawaiian veranda
- Memorandum, for short
- Accustom
- Not a gregarious one
- \*On a snob's face
- \*One receiving something unexpected
- A bit cracked
- Hipbone-related
- Monarch body-guard
- I in T.G.I.F.
- Fit for farming
- Deed hearings
- Whale's lunch
- Sound of relief
- Opening page
- A whole bunch
- "Goodness gracious!"
- Top of the Capitol
- Repeated Cuban dance step
- Needle hole
- Makes feathers stick

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# Ponte Vedra grapplers place 4th in Rob Bierbaum Invitational

The Ponte Vedra Sharks wrestling team continues to improve as they scored their all-time highest finish, fourth place, at the Rob Bierbaum Invitational on Saturday, Jan. 5, at Episcopal School of Jacksonville.

According to team coaches, the Sharks' scoring at the 10-team tournament was a true team effort as some of the younger wrestlers scored early round victories to add to the team's score. Ponte Vedra only had 11 wrestlers for the 14 weight brackets, but of those 11, five wrestlers made it to the finals.

Individually, the Sharks had one champion, Ethan Baur at 145 pounds, and four silver medalists in Troy and Rett Maritato, Preston Turner and newcomer Harlan Nikolov. Additionally, Alex de Almeida was a bronze medalist at 138 pounds, and Jackson Shewey placed fourth at 132 pounds.

The Sharks were only 4.5 points out of third place.



**ABOVE:** Ethan Baur (left) wrestles his way to a championship at the Rob Bierbaum Invitational on Saturday, Jan. 5, at Episcopal School of Jacksonville.

**LEFT:** Ponte Vedra captain Troy Maritato gets a win in the semifinals.

Photos courtesy of Ponte Vedra wrestling

# Berman

Continued from 28

being friends so it was a fun reunion as well. This event is definitely a good way to kick off the spring season.”

The fourth-year amateur event featured players from Michigan, Vanderbilt, Virginia, Baylor, Auburn, Tennessee, Michigan State, UCF, Georgia, Kansas, Mississippi State, North Carolina State, Iowa, North Carolina, North Florida, South Florida, Florida State and Louisville. Berman was the only Dolphin in the field and was paired in the final round with players from Florida and Mississippi State.

University of Texas signee Sophie Guo was the tournament champion, shooting a 69 on the final day for a four-under 212. The only colleges represented ahead of the fifth-place Berman were players from Texas, Michigan, Kentucky and Louisville. More than 20 countries were represented in the field.

With 43 pars and five birdies over the 54 holes, Berman tied for the lead with all players in the pars or better category. Over her last 45 holes, Berman only notched two bogies and played that stretch at even par. There were only five other under-par rounds in the field.

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