

Celebrating 50 years of the

PONTE VEDRA



Recorder

May 16, 2019
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75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com

STATE CHAMPS

The Ponte Vedra boys lacrosse team defeated St. Thomas Aquinas 19-7 on Saturday in Boca Raton to win the 2019 FHSAA state championship. *Read page 36 for more.*



Photo courtesy of PVHS Athletics

Recorder launches **Best of the Best** of Ponte Vedra contest

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Senior Living

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CAR OF THE WEEK

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Hugh Osteen

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

Susan Griffin

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

Jon Blauvelt

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

Paris Moulden

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

Amber Lake

Reporter
amber@opcfla.com
(904) 285, 8831, ext. 3945

Ed Johnson

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

Kristin Flanagan

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

Suzanne Kirby

Account Executive
Suzanne@opcfla.com

April Snyder

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

Bob Bueno

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

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Send us your news

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

Visit our website at www.pontevedrarecorder.com



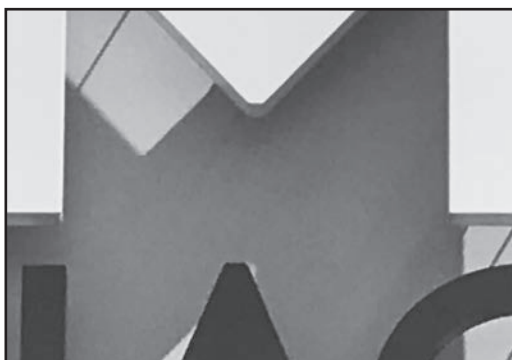
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WHAT'S THIS?



Do you know what this is?

Email your answer to jonb@opcfla.com by Monday at 5 p.m. All correct entries will be entered into a random drawing to win tickets for two adults and two children to the Jacksonville Zoo. In order to allow as many families as possible to win, participants are only eligible to win a ticket prize pack once every four months.

One reader correctly identified last week's photo as the sign for Twenty Mile. That reader was **Andrea Middlebrook**. Congratulations, Andrea — you may pick up your prize at the Recorder office during normal business hours.



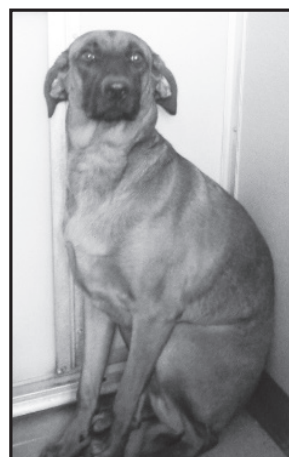
ADOPT A PET



CAT OF THE WEEK

Gail was brought to the Pet Center by a concerned citizen who found her as a stray. She is an affectionate 1-year-old tuxedo cat who is good with other cats and children. This petite beauty loves to have her neck scratched and be loved on. Come see Gail today at the Pet Center. #49784

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



DOG OF THE WEEK

Beau is a neutered, 1-year-old shepherd mix. He is shy at first but will open up. He is playful, good with other dogs, loves walks, knows commands and is house-trained. Beau is in search of someone with patience and love and would

make the right person a great companion. Come see Beau today at the Pet Center. #45173

St. Johns County Pet Center

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

PUZZLE SOLUTIONS

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

Discover something **NEW!**

AFRICAN FOREST

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Waterfront Retreat

Located on a freshwater lagoon, this home offers the best of both indoor and outdoor living. Designed for entertaining and enjoying the Florida weather, the backyard features a summer kitchen, two fire pits, and pool.
4 bedrooms, 4.5 baths \$1,216,000



Build Your Dream Home on Ponte Vedra Blvd!

One of the last remaining 150 ft pristine oceanfront lots in the sought after estate section of Ponte Vedra Blvd. This incredible lot sits comfortably protected at 27 ft elevation and a perfect distance from the shoreline.
\$2,500,000



The Perfect Beach Escape

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



Oceanfront Retreat

Built to take advantage of the captivating water views and north of Mickler's Landing, this 4,878 property includes a pool and a new roof (2017). With 150 ft. of ocean frontage, this 1.45-acre lot is the ideal place to add your personal touches and make your private beach retreat.
6 bedrooms, 6.5 baths \$3,750,000



Elizabeth Hudgins, REALTOR®
 904.553.2032 cell
 904.280.0486 office direct
 elizabeth@elizabethhudgins.com
 www.elizabethhudgins.com
 "From Cottages to Castles"



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COLLECTION



MURABELLA
\$374,900

Beautiful Pisa model situated on .42-acre corner lot on quiet cul-de-sac. This home offers an open floor plan, 4 bedrooms, a den, 3.5 baths, 10-ft. ceilings, & kitchen with stainless steel appliances, prep island, & granite countertops. The master bedroom features access to the screened lanai. MLS 992739
Michael Fitcher | 904.536.2223
MFitcher@WatsonRealtyCorp.com



NORTH JAX BEACH
\$555,000

Townhouse in the heart of Jacksonville Beach, just 500 steps to the sand! This 3-story home features 10-ft. ceilings, open living/dining areas, spacious kitchen, covered lanai's on 1st & 2nd floors, & enclosed backyard with firepit. MLS 980471
Murray Beard | 904.465.2784
MurrayBeard@WatsonRealtyCorp.com
Elise Beard | 904.463.7774



OCEANSIDE PARK
\$559,900

Custom beach home only 4 blocks to the ocean in South Jax Beach! Features an open floor plan, large great room with wet bar, gourmet kitchen with granite countertops, stainless steel appliances, & large island, spacious master bedroom with covered balcony, covered lanai, & fenced backyard. MLS 985039
John Richardson | 904.465.5110
JRichardson@WatsonRealtyCorp.com



OLD PALM VALLEY
\$579,500

Beautifully maintained home on great lot in desirable Ponte Vedra community! Take a splash in your sparkling pool & enjoy peaceful pond & preserve views from your porch. This delightful home offers a great floor plan for entertaining, newer roof & front door, & brand new fridge. MLS 991415
Missy DeKay | 904.613.2445
MissyDeKay@WatsonRealtyCorp.com



PONTE VEDRA BY SEA
\$924,900

Stunning lakefront home in picturesque oceanfront community. Enjoy spectacular sunsets from your oversized deck complete with summer kitchen. Perfect for entertaining, this home features 2 master bedrooms, a renovated kitchen, great room, & upgrades galore. MLS 993594
Denise Miles-Tagami | 904.654.0490
DTagami@WatsonRealtyCorp.com



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Deaths of 2 Ponte Vedra residents ruled murder-suicide

SJSO says woman killed by stalker ex-boyfriend

By Amber Lake and Jon Blauvelt

According to the St. Johns County Sheriff's Office (SJSO), the Medical Examiner's Office has concluded that the deaths of the two individuals found in a home in Ponte Vedra on Saturday have been ruled a murder-suicide.

Per an email from SJSO spokesman Chuck Mulligan on Monday, the two deceased individuals have been identified as Lynn Michele Bender, 53, of Ponte Vedra, and Simon Patrick Hanley, 60, of Ponte Vedra. According to Mulligan, the cause of death of Bender was ruled a homicide, and the manner of death was by gunshot wound. SJSO said Hanley died from a self-inflicted gunshot wound.

Bender and Hanley were found dead on Saturday in a house off Southern Oak Drive in Nocatee's Twenty Mile neighborhood. A Facebook post from SJSO stated that two individuals came to the residence around noon on Saturday to check on the residents because they had been unable to contact them. When they arrived at the home, they discovered two people deceased inside.

Mulligan told the Recorder in a subsequent interview that Bender had contacted SJSO in November 2018



Photo courtesy of Cavanaugh Team Real Estate - Re/Max Unlimited Facebook

Lynn Michele Bender

about her ex-boyfriend's stalking behavior. Hanley was issued a trespass warning at that time. A month later, Bender sought a restraining order, at which point SJSO learned he had continued the behavior, allegedly buying her unwanted gifts including a golf cart. On Dec. 7, he was arrested and issued a GPS ankle monitor.

On March 5, a court hearing addressed the case, but the charges were

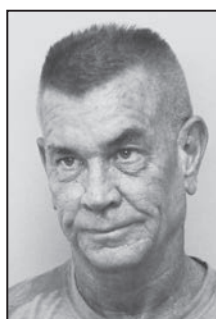


Photo courtesy of SJSO
Simon Patrick Hanley

dropped, and Hanley's GPS ankle monitor was removed, Mulligan said. Bender was a real estate agent who recently moved to the area from Ohio. The Cavanaugh Team Real Estate at RE/MAX Unlimited in Nocatee where she worked released a statement on Monday via Facebook.

"It is with great sadness that we must share the tragic loss of our dear friend and listing agent, Lynn Bender," the post read. "Our hearts are broken, and our prayers are surrounding her family in this most difficult time. Lynn joined our Cavanaugh Team 14 months ago as an experienced RE/MAX agent from Ohio. We have gleaned on her experience, but mostly her laughter, joy and fun spirit. We became very close as we talked and/or met almost every single day for the past year. Over the next few days, we will be giving her family our full support to ensure her honor and dignity are held high while they are accepting the loss of their mother, sister, daughter and aunt. Her death was not related to real estate interactions, but with a past relationship that had turned into a horrific scenario."



MESSAGE FROM THE EDITOR

Nominations open for Recorder's Best of the Best of Ponte Vedra contest

By Jon Blauvelt

In celebration of our 50th anniversary, the Ponte Vedra Recorder is launching its first-ever Best of the Best of Ponte Vedra contest, covering zip codes 32082 and 32081.

Readers will have the chance to nominate their favorite businesses, professional services, organizations and more in nearly 250 categories online. From best new business to best charity event, best real estate agent to best personal trainer and best seafood to best boutique, the categories run the gamut and are sure to include your favorite things. Nominations for the contest are now open at www.pontevedrarecorder.com/BestOf.

Anyone can nominate a business or person — there is no limit to the number of nominations each person can submit — through May 31. Online voting will begin once nominations are complete. Voting will take place from June 1 to July 20, during which each person can vote once per day in as many categories as he or she wants. The nominees who receive the most votes will be named 2019 Best of the Best of Ponte Vedra. Nominations and voting are completely free and open to the public.

The Best Of platform on the Recorder's website will feature lists of nominees in an easy-to-use format. Nominees can participate in advertising packages that promote their entry by expanding their listing to feature additional details on the business.

Winners will receive a free framed certificate and a Best of the Best of Ponte Vedra window cling. Each winner will also be listed in our Best of the Best of Ponte Vedra special section and on the winners' website. Winners will be notified by Ponte Vedra Recorder staff in July.

For more information or to find out how to get your nominated business or product involved in promotions that will be going on throughout the contest cycle, contact your sales representative, email pvrecorder@opcfla.com or call (904) 285-8831. Nominate your favorite business, service, person, restaurant or product now at www.pontevedrarecorder.com/BestOf.

PVCA names Lori Moffett Person of the Year

The Ponte Vedra Community Association (PVCA) honored resident Lori Moffett as the organization's Person of the Year on Friday.

The annual award was announced at the PVCA's annual meeting May 10 at the Ponte Vedra Inn & Club. According to an email from PVCA president Jane Rollinson, Moffett was recognized for her work as a founding member of Save Ponte Vedra Beach, a nonprofit organization committed to restoring and preserving the area's beaches.

Also at the annual meeting, the following individuals were elected to two-year terms: Sharon Carney, Wes Moore, Barb Roberts, Jane Rollinson, Brad Smith and Devon Witt.

In addition, Ponte Vedra High School freshman Matthew Sides, a life scout of Troup 277 working toward his Eagle, led the members in the Pledge of Allegiance.



Photo courtesy of Jane Rollinson

Ponte Vedra Beach resident Lori Moffett (right) displays a plaque recognizing her as the Ponte Vedra Community Association's (PVCA) Person of the Year, alongside her husband David and son Will.

Actor Kevin Rahm to host inaugural celebrity golf tournament, music event in St. Augustine supporting St. Jude

By Jon Blauvelt

Known for his roles in “Mad Men,” “Desperate Housewives,” “Lethal Weapon” and “Madame Secretary,” actor Kevin Rahm is hosting a celebrity golf tournament and music event in St. Augustine May 30 to June 2 benefiting St. Jude Children’s Research Hospital.

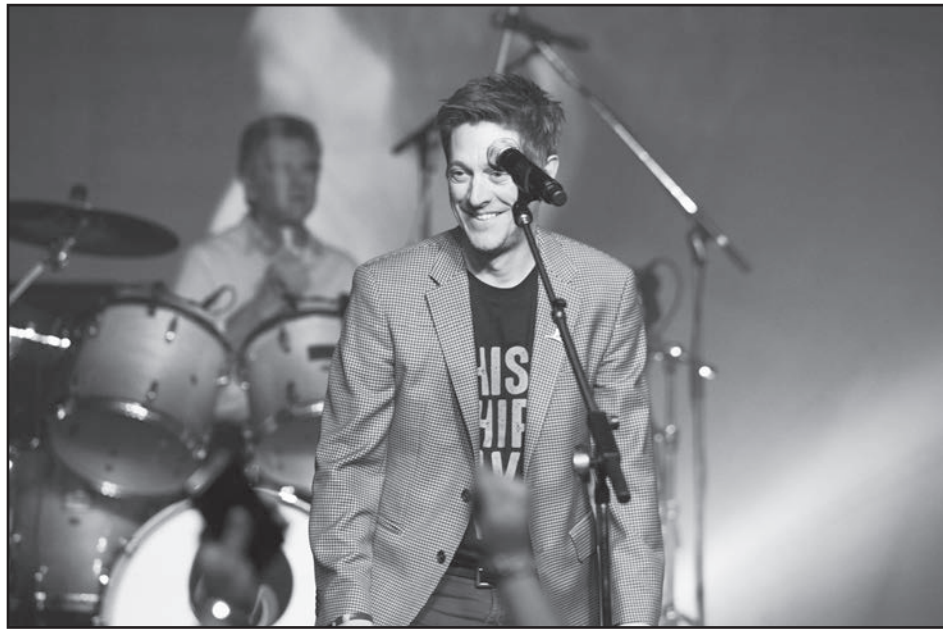
To be held at the World Golf Village Renaissance Resort, the inaugural event is modeled after the West Coast version, The Warburton, hosted by actor Patrick Warburton. More than 45 celebrities, songwriters and rock legends are anticipated to attend The Rahm.

“Give us one night, and I’ll promise you’ll want to come back,” Rahm told the Recorder. “It’s a top-notch event, and it’s going to be a lot of fun.”

Celebrities will begin arriving on Thursday, May 30, for Songwriters Night at the Renaissance World Golf Village ballroom. The show includes renowned Nashville songwriters who will tell the stories behind their biggest hits and perform them.

Songwriters scheduled to perform include Tim Nichols, who wrote Tim McGraw’s No. 1 hit, “Live Like You Were Dying” and Jo Dee Messina’s “Heads Carolina, Tails California;” and Kelley Lovelace, writer of the hit “All-American Girl” performed by Carrie Underwood as well as Brad Paisley hits such as “Ticks,” “I’m Still a Guy” and “Camouflage.” Other writers include Jamie O’Neal and Billy Dean, both of whom have several country hits and multiple awards. Tickets are \$100 and include open bar.

“This is one of my favorite events, because you really get to hear those stories,



Actor Kevin Rahm is hosting a celebrity golf tournament and music event benefiting St. Jude Children’s Research Hospital in St. Augustine May 30 to June 2.

Photo courtesy of St. Jude Children’s Research Hospital

especially from the person who’s not necessarily the famous person,” said Rahm, who lives in Sacramento, California.

Friday night, May 31, begins with the Pairings Party for golfers and their guests followed by the St. Jude JAM. This event will feature entertainment by Sixwire, a unique lineup of Rock-and-Roll Hall of Famers and other famous rock legends who will perform some of their hits in what will be a two-and-a-half to three-hour rock-and-roll variety show. Tickets are \$100.

Performers scheduled to appear include Steve Augeri, the former lead singer of Journey; Steve Cropper of Booker T & the MGs and a member of the Rock & Roll Hall of Fame; Jason Scheff, the longtime lead singer of Chicago; Wally Palmer, lead

singer of The Romantics; John Elefante, former lead singer of Kansas; Mike Mills of R.E.M. and a member of the Rock & Roll Hall of Fame; Jay Demarcus of Rascal Flatts; Drew Copeland and Ken Block of Sister Hazel; David Cook, the season seven winner of “American Idol;” Chris Daughtry, Grammy Award nominee and fourth-place contestant on the fifth season of “American Idol;” and Robin Meade, Headline News anchor of “Morning Express with Robin Meade.” There will also be two unannounced surprise guests.

“It’s a concert like you’re never going to see anywhere else,” Rahm said. “You’re never going to see all those guys in one room.”

On June 1, the Saturday Soiree will

feature evening red carpet appearances by many of the celebrities involved with the golf tournament, live and silent auctions, a patient family, dinner and entertainment by Sixwire. Tickets for the Saturday Soiree are \$250.

The golf tournament will be played Saturday and Sunday, June 1-2, at the World Golf Village utilizing both the King & Bear and Slammer & Squire courses. Each foursome will be paired with a celebrity for both rounds, and that celebrity will be seated with the team at the Saturday Soiree. The cost per player is \$2,000 and includes two tickets to each of the evening activities. Foursomes are \$8,000. There are a limited number of openings for golf.

According to the event website, other celebrities confirmed to attend the weekend’s festivities include actor and comedian Rob Riggle, actor Jeffrey Nordling, actor Galen Gering, actor Ben Reed, former NFL all-pro player Sterling Sharpe and former NFL player Harold Green, among others.

For more information or to purchase tickets, visit www.stjudejamevents.org/the-rahm.

“I’m looking forward to seeing it all come together,” Rahm said. “And of course, it’s a great cause. You can’t beat St. Jude.”

BRIEFS

South Ponte Vedra, Vilano Beach restoration projects kickoff meeting to be held May 22

St. Johns County is hosting a community meeting at 6 p.m. on Wednesday, May 22, at the GTM Research Reserve Visitor Center, 505 Guana River Road, to discuss the upcoming South Ponte Vedra and Vilano Beach restoration projects. Representatives from St. Johns County and the Army Corps of Engineers will be available to provide details of the projects, answer questions from the community and document resident feedback. Easement requests, MSTU information, new beach parking projects will also be discussed. For more information, call (904) 209-0259 or email kmctaggart@sjcfl.us.

Dates set by county for Outpost hearings, open house to be held June 24 to discuss application

Ponte Vedra Corporation’s application

to develop a 66-home subdivision (Vista Tranquila) on the Outpost property is currently scheduled to go before the St. Johns County Planning & Zoning Agency on Thursday, Aug. 15, and the Board of County Commissioners on Tuesday, Sept. 17. An open house will be held Monday, June 24, at 6 p.m. at the Ponte Vedra Beach Branch Library to discuss the proposed application. The public is welcome to attend for further information. Representatives of the property owner will attend to answer questions from members of the public. Contact Vicky Williams at (904) 824-0879 for more information about the open house.

UF/IFAS Extension St. Johns County Master Gardener Program

UF/IFAS Extension St. Johns County is accepting applicants for the 2019 Master Gardener Program. The program provides participants with 50 hours of horticulture training and requires participants to donate 75 hours of volunteer service within their first year. The fee for

the class is \$150, which covers books and training materials. The deadline to apply is Friday, May 31. Classes will be offered on Wednesdays, from Aug. 7 to Oct. 16. Interested St. Johns County residents should e-mail Terra Freeman at terraf@ufl.edu for an application.

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PV2-LV45856

Jennifer Stratton became the new executive director of Starling at Nocatee on April 1. She has worked in long-term care/senior housing for most of her career, spending time in several states and opening multiple communities. She and her family live in Nocatee.

Jennifer Stratton

Can you please briefly tell us about your background?

I am originally from Iowa and attended Cedarville College in Ohio and then the University of Kansas in Lawrence in a master's program. We lived in Wisconsin for 15 years prior to moving to Southeast Georgia eight years ago. I spent most of that time on Saint Simons Island with Marsh's Edge Senior Retirement Community, and more recently, Thrive at Frederica. I was fortunate several years ago to open The Windsor at Ortega here in Jacksonville, so I am familiar with the Jacksonville market.

I currently am Florida Core-trained, a certified director of assisted living and a board-certified instructor with the National Institute of Dementia Educators. I have family members with both Alzheimer's and Dementia, so I feel that the more I can understand the process, the better resource I can be. I have been active with the Alzheimer's Association in Southeast Georgia, as well as a volunteer in fundraising for Coastal Georgia Honor Flight, a nonprofit honoring veterans.

With our children both now in college, we are empty nesters. I was looking for a new opportunity and was thrilled to move to Nocatee and become part of the Starling community!

What's the story of Starling at Nocatee? Can you please walk us through its development?

Starling at Nocatee is a multi-phased senior living community located in the heart of Nocatee. We are across from Nocatee's central amenity center and down the street from the Nocatee Town Center.

The first phase of Starling at Nocatee is a premier assisted living and memory care community that opened December 2017. The second phase is a luxurious, full-service independent living community opening in the coming months that will feature unparalleled amenities (state-of-the-art fitness studio, yoga lawn, a saltwater, wade-in pool, restaurant style dining at multiple venues, full service bistro and bar, spa and salon, multipurpose room for movies, social and events, pet park, arts and crafts studio, game room, and much more). The community features expansive apartment homes with high-end finishes, and first-class, personalized services. Even more, Starling at Nocatee is a rental community that doesn't require steep, up-front entry fees, and our residents have access to Nocatee's world-class amenities.

What do you enjoy most about your role as executive director?

The opportunity to lead a team that serves people and impacts lives is rewarding. We make a difference every day serving people and building relationships. We do this with our team members in learning what support they need to succeed, with our residents in getting to know each of them and learning what is important to them, and with the involved family members in finding out what gives them peace of mind. There is never a dull moment, or a mundane day. The personalities, community needs and challenges bring variety to each new day and keep it exciting.

What is most challenging about your job/industry?

Over the past three decades, I have watched the industry change significantly. So often what our elders envision in assisted living and memory care options is not what is inside our community today. We all picture in our minds what we can relate to, so if you had a parent or grandparent in a nursing home back in the 80s or 90s, it was a completely different world and expectation. I find that is one of our biggest challenges. The modern independent living, assisted living and memory care communities are not institutional, and are well-equipped with unmatched amenities that you find in a high-end resort. If you don't walk inside the lobby of any of these communities, your mind pictures the old, not what today's senior housing options offer.

I would encourage anyone with aging parents, or a senior themselves, to stop by senior communities with open houses, and to intentionally educate yourself so that if/when the time comes, you can make your own decisions and not have a physician or a family member make it for you because you didn't look ahead and consider that life doesn't always go as we plan.



Photo by Jon Blauvelt

What do you enjoy most about living in the area?

I have had a lot of fun exploring the local businesses and community. It is never-ending for me. I enjoy the nature preserve, the beautiful landscaping and trees, and the overall beauty of our community. I enjoy time with my family at the restaurants where you can sit out by the water. The endless options for great food are fantastic; our community is full of gems that are a delight to discover. The benefits of being close to things in Jacksonville but feeling like a small community far removed is perfect for this small-town midwestern girl.

What do you like to do in your free time?

I enjoy spending time with my family and cherish the time we have together. My husband is a general manager in the hotel industry, and my two children are both college students. Keegan is a senior at Georgia Southern University studying history and public administration. Rielly Grace is a sophomore attending Coastal College of Georgia and studying health/nutritional science. I also like to bake, host gatherings of friends and family, volunteer and travel. I was thrilled to fulfill a lifelong dream of visiting Ireland in March, so I look forward to more travel adventures in the years ahead.

Edited by Jon Blauvelt

Rotary Club of Ponte Vedra to move meeting location to Treylor Park restaurant in Nocatee

The Rotary Club of Ponte Vedra that meets in Nocatee will be moving its Tuesday morning breakfast meetings to Treylor Park beginning Tuesday, May 21.

The new, vintage-chic restaurant is located next to Publix in the Nocatee Town Center. The club previously met at the Residents' Clubhouse in the gated community of Coastal Oaks at Nocatee.

"We are very excited about our partnership with Treylor Park and what this move will mean to the growth of our club," Club President Kelly Altosino-Sastre said. "It's in an excellent location and will be a fun place for our Rotary meetings."

The Rotary Club of Ponte Vedra meets on Tuesday mornings from 7:15 a.m. to 8:30 a.m. The club was chartered in April 2018. For more information, contact PonteVedraRotary@gmail.com or visit www.pontvedrarotary.org.

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Thursday, May 16	Friday, May 17	Saturday, May 18	Sunday, May 19
<p>Boardwalk Talk: Dorothy Fletcher 'Jacksonville on Wheels' On May 16 at 6 p.m., The Beaches Museum will present Dorothy Fletcher at the historic Beaches Museum Chapel to present her book, "Jacksonville on Wheels," a comprehensive look at how the automobile impacted the Jacksonville area. Fletcher will talk about John Einig's "chug-chug" machine and how it marked the beginning of a car culture revolution that is still happening, like riderless cars, electric cars and car vending machines. Jacksonville participated in the latest models of technological innovations that the auto industry had to offer including the first roads, first bridges, dealerships and speed records. The event is free to Beaches Museum members with a suggested \$5 donation for non-members. The Beaches Museum is located at 381 Beach Blvd. in Jacksonville Beach.</p> <p>Grief support group 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. 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, May 16 at 7 p.m. For information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665. St. Paul's Catholic Church is located at 578 First Ave. N. in Jacksonville Beach.</p> <p>The life and work of Pablo Picasso The Friends of the Library, Ponte Vedra Beach and Cummer Beaches will show a video about the life and work of Pablo Picasso. The comments on the video are made by Rosamund Bernier of the Metropolitan Museum of Art in New York City. The program will be on Thursday, May 16 at 2 p.m. in the Ponte Vedra Beach Branch Library. It is free and open to the public.</p> <p>Spring Fling dance show The public is invited to enjoy a performance of dancers at River House. The River House dancers and instructors will be showcasing their complimentary program on May 16 at 10 a.m. with no reservations necessary. For more information, call River House at (904) 209-3655. The River House is located at 179 Marine St. in St. Augustine.</p>	<p>Wild Amelia Nature Festival Celebrate mother nature and the local wildlife and environment at the 13th annual Wild Amelia Nature Festival. The festival runs from May 17-19 in various Amelia Island locations. Visit the Georgia Sea Turtle Center on Friday at 11 a.m. to watch rehabilitated juvenile green sea turtle(s) be returned to the wild or go to the Eco-Expo on Saturday from 10 a.m. to 3 p.m. at the Atlantic Recreation Center for wildlife exhibits, a silent auction, a kids niche area and more. Visit www.wildamelia.org for more information on the festival and its events.</p> <p>'Alice in Wonderland: A Fantasy with Music' This premiere adaptation features a spirited troupe of performers telling Lewis Carroll's classic story in the style of an old-time seaside music hall. Showtimes run from May 17-19 and May 24-26 at 8 p.m. with matinee shows on Sundays at 2 p.m. "Alice in Wonderland: A Fantasy with Music" is an inventive, refreshing show for the whole family. For tickets and pricing, visit www.abettheatre.com or call (904) 249-7177. The All Beaches Experimental Theater is located at 544 Atlantic Blvd. in Neptune Beach.</p> <p>MOSH Planetarium: 'Legends of the Night' and 'Tour of the Solar System' Join the Museum of Science and History (MOSH) for a fun and exploratory eventing through the night skies inside the MOSH planetarium. On May 17 at 4 p.m. the MOSH will present, "Legends of the Sky: Orion." The hour-long presentation introduces mythology, geography and astronomy in way many have never seen before and are ideal for family audiences and younger viewers. After, MOSH will present, "Tour of the Solar System," at 5 p.m., where the planetarium explores our solar system and everything it has to offer. From the planets to the sun and from comets to asteroids, guests of the MOSH will embark on a journey of exploration and discovery. For tickets and more information, visit www.themosh.org. The Museum of Science and History is located at 1025 Museum Circle in Jacksonville.</p>	<p>'Mocama Indians and Spanish Missions: Life Beneath the Bell' lecture When most people think of Spanish Missions, they think of California, New Mexico or Texas. What many do not realize is that the Spanish Mission system in Florida occurred earlier and lasted longer than it did in any of those other areas. Join the Archaeological Institute of America Jacksonville Society at the Social Sciences building of the University of North Florida (Building 51) on May 18 at noon for a lecture by UNF archaeology professor Dr. Keith Ashley. This lecture discusses Mocama life under the mission bell, with emphasis on archaeological excavations at San Juan del Puerto and Santa Cruz de Guadalquini in Jacksonville. The lecture is free and open to the public. Complimentary refreshments will be served afterwards in the Archaeology Lab. The Social Sciences building at UNF is located at 1 UNF Dr. in Jacksonville.</p> <p>Circus Train Ride the rails through a backdrop where "Dumbo" was filmed with circus-themed entertainment along the way. On May 18 and May 25, get picked up at St. Marys Depot and enjoy the antics of clowns and other circus characters as you ride the rails to the "big top" stage where circus performers entertain. Tickets are \$20 for adults and \$14 for kids ages 14 and under. For train schedules and more information, visit www.stmarysrailroad.com. St. Mary's Depot is located at 1000 Osborne St. in St. Marys, Georgia.</p> <p>Nocatee farmers & arts market Hosted the third Saturday of each month, from 10 a.m. to 1 p.m., at Nocatee Station Field, the farmers market features over 70 local vendors selling everything from fresh produce, to crafts, jewelry, herbs, unique foods, and more. There will also be crafts and bounce houses for the kids to enjoy. Plus, the bar will be open for beer and wine purchases. This month, on May 18, there will be a Jacksonville Jaguars rally! Come out for free Jags swag. There will be performances by the D-Line, special meet-and-greets and photo opportunities with current and previous Jaguars players, the Jacksonville Roar, and Jaxon DeVille! Nocatee Station Field is located at 245 Nocatee Center Pkwy. in Ponte Vedra.</p>	<p>Sundays at Surfer the Bar Every Sunday, join Big Fish Power Yoga for a free Music & Flow class at Surfer the Bar. The class is held upstairs at the bar and runs from 10 to 11 a.m. every week. Bring friends and family and enjoy brunch and mimosas downstairs following class. Register under classes on bigfishpoweryoga.com. Surfer the Bar is located at 200 First St. in Jacksonville Beach.</p> <p>The FINAL 'Game of Thrones' viewing party at Hoptinger Calling all "Game of Thrones" fans, winter is here! Hoptinger Bier Garden & Sausage House will be hosting its final "Game of Thrones" viewing party Sunday night on May 19 for the final episode of the almost 10-year series! Join Sunday from 9 p.m. to close for food and drink specials, such as \$3 bar snacks, \$3 wines, \$6 dragon wings and a weekly \$5 contest cocktail, where each purchase of this cocktail will come with a raffle ticket to win a prize at the end of the night. Hoptinger Bier Garden & Sausage House is located at 333 First St N. in Jacksonville Beach.</p> <p>Swing dance Sunday Swing Dance Sundays is a weekly event with free lessons starting at 7 p.m. at The Volstead. Attendees can either bring a partner or come alone. The Volstead is located at 115 West Adams St. in Jacksonville.</p> <p>Full Lock monthly meet Gearheads and car enthusiasts are welcome to this free and open car meet at Full Lock Drift Shop and Fabrication on May 19 from noon to 4 p.m. Crazy Panda will be at the meet serving up some fresh lumpia and hot dogs while DJ Chris Burke performs a fun set to jam out. Racekor and War Faction will also be attending with stickers and new merchandise for purchase. This will be the first time the meet will be streamed live on Twitch, so bring friends, family and of course, some unique and innovative project cars. No drifting, burnouts or pulls will be permitted. Full Lock Drift Shop is located at 10539 Craig Industrial Dr. in Jacksonville.</p>

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Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23
<p>Pottery open studio From 10 a.m. to 4 p.m. on May 20, work in Ponte Vedra's Cultural Center pottery studio. Artists can use four potter's wheels, slab roller, extruder, sculpture stands, and tables to create independently. Kiln use is available with prior consent for a \$35 firing fee. Space is limited and is first-come, first-serve. For more information, call the Cultural Center at (904) 280-0614. The Cultural Center is located at 50 Executive Way in Ponte Vedra Beach.</p> <p>First Coast Newcomers Club Of NE Florida monthly dinner* The First Coast Newcomers Club Of Northeast Florida will host its monthly dinner and trivia at a World Golf Village restaurant on May 20 at 5:30 p.m. The dinner is limited to 10 attendees, so reservations are required. Contact the club organizer at (904) 829-0643 to RSVP.</p> <p>'Babes + Books' meeting #3 "Babes + Books" is the the official book club of "Babes Who Hustle." Led by writer and journalist Hurley Winkler and with ambassadors in over 18 locations, the club includes women-written and women-focused pieces of various genres, taking place in cozy coffee shops and venues in various cities around the world. Jacksonville's meeting will take place on May 20 at Southern Grounds Coffee at 6:30 p.m., starting with some pre-discussion networking, following a discussion on current readings. This month's book is "Little Fires Everywhere" by Celeste Ng. For more information on the book club or to start a chapter in the nearest city, check out www.babeswhohustle.com/bookclub. Call Southern Grounds Coffee at (904) 683-2437 for more information on the event and location. Social Grounds Coffee is located at 1712 N. Main St. in Jacksonville.</p> <p>Monday trivia at Mellow Mushroom 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>Intro to Florida Food Entrepreneurship With growing interest in fresh local food, more people are starting their own small-scale food businesses. For a successful business in a competitive food market, one needs a good business plan and understanding about food processing, packaging, marketing and regulatory requirements. That's why UF/IFAS Extension will host a Food Entrepreneurship program on May 21 and 22. This two-day program, running from 8:30 a.m. to 4:30 p.m., guides aspiring business owners on how to start a food business in Florida and how to create a food safety plan for the business. For more information, visit their page at www.EventBrite.com. For more information, contact Joanne Cooper at jgcoop@ufl.edu. The St. Johns County Agricultural Center is located at 3125 Agricultural Center Dr. in St. Augustine.</p> <p>Free 'quit tobacco' class Ever thought about quitting tobacco? Join for a free "Quit Smoking Now" class from the Northeast Florida Area Health Education Centers at the Flagler Hospital-Wellness Center. Classes meet once a week for six weeks starting on May 21, from 11 a.m. to noon. Free patches, lozenges and gum will be provided, along with a quit plan, workbook, stress ball and more. To register, call NE Florida AHEC at (904) 482-0189. The Flagler Hospital-Wellness Center is located at 120 Health Park Blvd. in St. Augustine.</p> <p>Kids \$1 Tuesdays at Trasca Co. & Eatery Take the kids out to eat and save some money every Tuesday at Trasca & Co Eatery. Children eat for \$1 with the purchase of an adult entrée. The special works for dine-in, take out and deliveries. For more information, call Trasca & Co Eatery at (904) 395-3989. Trasca & Co Eatery is located at 155 Tourside Drive in Ponte Vedra Beach.</p> <p>Cummer's Florida Blue free Tuesdays Each Tuesday evening from 4 to 9 p.m. enjoy free admission to the Cummer Museum and its historic galleries and gardens, thanks to the generous support of Florida Blue. The Cummer Café is also open for Tapas Tuesday, sponsored by Vystar. The Cummer Museum of Art & Gardens is located at 829 Riverside Ave. in Jacksonville.</p>	<p>Twilight golf league at St. Johns Golf Club Sign up a three-person, captain's choice team for St. Johns Club's drop-in every Wednesday evening at 5:30 p.m. The league runs through fall and costs \$17 for members and \$23 for non-members. For more information, contact Tommy Aycok at taycock@sjcfl.us or (904) 209-0350. The St. Johns Club is located at 4900 Cypress Links Blvd. in Elkton.</p> <p>Greenhouse Yoga Join Maggie's Herb Farm every Wednesday and Friday morning from 10 to 11:30 a.m. for a mindful Kripalu flow yoga practice in the greenhouse at Maggie's Herb Farm. Soothe body and mind in the fresh air, grounded on natural, river pebbles for a unique greenhouse yoga experience. Practice yoga surrounded by beautiful greenery, butterflies, herbs, hummingbirds and free-range chickens. Attendees are encouraged to bring their yoga mat, towel and water bottle. Pre-registration is not required. Maggie's Herb Farm is located at 11400 Country Road 13 N. in St. Augustine.</p> <p>Wine Wednesday at the Renaissance Wine Wednesday at the Renaissance Join the World Golf Village every Wednesday evening in the Villagio Lounge from 5:30 to 6:30 p.m. for complimentary wine and hors d'oeuvre tasting. Attendees can sample red and white wines from around the world and savor a chef-inspired appetizer to complement the wines. The World Golf Village is located at 1 World Golf Place in St. Augustine.</p> <p>XDANCEfitness Beyonce Homecoming Vixen workout XDANCEfitness's "Beychella" workout is sure to bring out the inner Beyonce in any woman! On May 22, dress to impress in yellow or hot pink and get ready for 60 minutes of cardio, featuring Beyonce's Homecoming performance as inspiration. The class runs from 8 to 9 p.m. and spots are limited, so reserve now! For pricing, RSVP and more information on the class or other classes, contact xDANCEfitness at (860) 836-5688 or xdancefitnessjax@gmail.com. XDANCEfitness is located at 391 Third Ave. S. in Jacksonville Beach.</p>	<p>2019 Jacksonville Jazz Festival Join the city of Jacksonville from May 23-26 and experience two stages of live entertainment, local food, drinks, shopping and more! For over 30 years the "Jazzfest" in Jacksonville has flooded the streets with rhythm. It has become one of the largest jazz festivals in the state, offering a fun and vibrant street festival atmosphere through downtown. This year kicks off with the Jacksonville Jazz Piano Competition on May 23 at 7 p.m. at the Florida Theatre! The festival is free to attend with VIP options available. For the full festival schedule and more information, visit www.jacksonvillejazzfest.com. The Jacksonville Jazz fest will be located at 117 West Duval St. in Jacksonville.</p> <p>'Ain't Misbehavin' at the Alhambra This winner of the 1978 Tony Award for Best Musical is a celebration of legendary jazz writer Thomas "Fats" Waller, who rose to international fame during the Golden Age of the Cotton Club and swing music. A tribute to the black musicians of the Harlem Renaissance of the 1920s and '30s, this revue provides an evening of rowdy and humorous songs for all. Arrive at 6 p.m. on May 23, for dinner and stick around for the show opening at 7:50 p.m. For ticket pircings and purchases, more showtimes and information, visit www.alhambrajax.com. The Alhambra Theatre & Dining is located at 12000 Beach Blvd. in Jacksonville.</p> <p>Records on the Roof Hoptinger in Five Points is hosting a new, regular night of music and drink specials. Records on the Roof will now be held every Thursday from 5 to 9 p.m. on the rooftop. Coast to Coast Records will be on the turntable and the event is BYOV (Bring your own vinyl). A collection of records will be available for purchase as well. Hoptinger Five Points is located at 1037 Park St. in Jacksonville.</p> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to Daniela@opcfla.com or call (904) 686-3939.</p>

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COMMENTARY

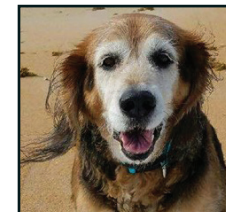
Dogs may have different dispositions, but all deserve love

By Paris Moulden

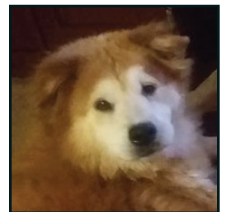
Aside from my immediate family, I've had two great loves of my life. One was my golden retriever/hound mix, Porthos, and the other was Peyton Manning.

Only one of them loved me back, but I was sure I could win the other one over with milk bones and squeaky toys, ha ha.

DOGS continues on Page 12



Porthos



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Volunteers of S.A.F.E. Pet Rescue gather at Coastal Wine Market & Tasting Room in Nocatee on April 25 for Give Back Night benefiting the nonprofit.

Coastal Wine Market hosts Give Back Night benefiting S.A.F.E.

Coastal Wine Market & Tasting Room in Nocatee recently hosted Give Back Night in support of S.A.F.E. Pet Rescue in St. Augustine.

Attendees of the April 25 event brought bags of pet food and cans of wet food to help replenish S.A.F.E.'s food supply. Twenty percent of the proceeds from the



Photos by Susan Griffin

Attendees brought bags of pet food and cans of wet food to help replenish S.A.F.E.'s supply.

event were also donated to S.A.F.E.

S.A.F.E. has rescued over 12,000 dogs and cats to date, saving them from euthanasia at overcrowded local animal control centers.



PVPV/Rawlings Elementary School students hold a lemonade stand at Publix in Sawgrass Village to raise money and awareness for S.A.F.E. Pet Rescue in St. Augustine.

Photo courtesy of Rena Golden

PVPV/Rawlings students hold lemonade stand to raise money for S.A.F.E. Pet Rescue

PVPV/Rawlings Elementary School students Sevi Neumayer, 6, and Kemin Zhang, 7, recently ran a lemonade stand on two different occasions at the Publix in Sawgrass Village to help raise awareness and money for S.A.F.E. Pet Rescue in St. Augustine.

Sevi and Kemin also made their own T-shirts to be used as uniforms for the event and designed their own posters. In addition, they recruited their friends to participate. Others involved included Morlee Carey, Anna Shapiro, Delina Oliver, Lily Oliver, Yiwen Chen, Jessie

Tang, Benjamin Bi-Ji, Isabella Lee, Sophia Lee, Sophia Durso, Lily Colman, Jenna Jetha, Sienna, Jetha, Ava Tari, Zak Kornick and Teigan Kornick. During the fundraising event, volunteers worked two-hour shifts with two to four kids working each shift.

The lemonade stand ultimately raised \$2861.44. In addition to the help of their friends, the fundraising effort included the support of Publix store manager Brian Sanders and the Ponte Vedra Beach UPS store, which donated the flyers for the event.

Dogs

Continued from 10

I adopted Porthos in July 2005 from the Humane Society of South Mississippi in Gulfport. Less than two months later, the region was devastated by Hurricane Katrina, and the facility suffered a number of canine casualties. I knew it was fate that Porthos and I had found each other.

Since then, we were pretty much inseparable. We relocated to Jacksonville in the summer of 2006 and he was my constant companion. He would join me at Bark at the Park for Jacksonville Suns/Jumbo Shrimp games and \$2 hot dogs. I would join him at Dogwood Park to watch him swim in the lake and sniff his friends' rear ends.

He was also able to win over my entire family, something none of my ex-boyfriends had been able to do. The first time we visited my mom in Tennessee, Porthos had to sleep on a dog bed in the laundry room. Fast forward a few years and he was laying on HER bed, enjoying some treats while watching a "Twilight" marathon (don't ask).

He was also a great road-trip buddy, even making the trek from South Carolina to upstate New York with me and my

mom. And he was the only one of us on the trip that was able to maintain composure as my mom took the mountain curves of West Virginia at 70 miles per hour, yelling at anyone who cut her off, which means they eventually pulled in front of her with less than 2.5 miles in between.

Porthos was seriously the sweetest, calmest, cutest dog I had ever known, and charmed everyone he ever met. He would often go to work with me on weekends and keep my coworkers calm during college football Saturdays (not an easy feat). One time while visiting my mom in Tennessee, he did wander off after being let outside while I was gone, sending my mom into an immediate panic. I rushed back to her condo and began an immense search, which ended pretty quickly after a picture of a "missing" smiling Porthos was emailed to everyone in the condo community. He'd been quickly found by the first person he saw after he approached the boyfriend of a HOA board member to shake hands. When I called the number from the email, I was informed he had joined the couple for dinner at grandma's house and would be back soon. And my mom was relieved to know we would be speaking again.

That's just the kind of dog he was. He never met a stranger, and he sincerely loved everyone, especially me.

When he passed in January 2018, a few weeks shy of his 14th birthday, I thought I might never recover. It was weird going home and not being greeted at the door. Not having someone to care for and who would listen to me without complaint or interruption, which I know couldn't have been easy.

A couple of months after his passing, the Recorder ran a story about the Pet Pals program at S.A.F.E. Pet Rescue. People could "borrow" one of the nonprofit's long-term residents for a few hours, a weekend, a week, or however long you wanted. I thought this seemed like a great solution to getting some canine companionship without having to make a commitment I wasn't ready for.

Through this program, I met Chocho, a senior chow chow-mix, with a bad hip and a beautiful white face. Chocho was different from Porthos. She didn't always love everyone she met. She wasn't too fond of men, and she really, really didn't like cats, especially Midnight, a feral cat that came with my house. In fairness, though, no one really likes Midnight, because he's mean, and I'm 98 percent sure he's some kind of demon that was transformed into a cat and cursed to roam the Earth for all eternity. I feed him daily anyway for fear of what might happen to me if I don't, but that's a

story for another time.

Anyway, Chocho, who had been at the shelter for four years, would spend most weekends with me as part of the program. At first, she seemed unsure about the arrangement, or about me even reaching down to pet her. As time went on, though, she started rubbing her head on my hand, she would hang out in the kitchen as I cooked, and she would look at me with sad, brown eyes when I returned her to the shelter on Monday mornings. After working on a story about local residents who took in senior dogs, I was inspired to foster Chocho fulltime. That was a couple of months ago, and Chocho and I have come a long way.

I still miss Porthos every day, but Chocho has made things easier. Taking in an older dog has been a simpler transition for me, and, as my aunt once told me regarding her and her senior dog, "We're just a couple of old ladies who like to hang out." I don't compare her to Porthos anymore and I appreciate the individual qualities she has. I would encourage anyone looking to foster or adopt to consider a senior or overlooked pet like Chocho, because they still have a lot of love to give — and receive.

And I know, when the time comes, she'll eventually warm up to Peyton.

Senior Living

GUIDE



SPECIAL SECTION | MAY 16, 2019



Recorder

Not your average newspaper. not your average reader

When it comes to golf, Laura Baugh is continually learning — and teaching

Former LPGA Tour player and Ponte Vedra resident competing in 2nd U.S. Senior Women's Open

By Paris Moulden

Laura Baugh knows golf.

She grew up playing golf with her dad, played more than 25 years on the professional circuit, worked as an announcer on the Golf Channel and currently serves as a golf instructor at Sawgrass Country Club. Laura Baugh has golf in her blood.

"You learn something every time you play," Baugh said.

Baugh won the U.S. Women's Amateur in 1971 at the age of 16, the youngest ever at the time, and was named Rookie of the Year after going pro in 1973. She had 71 top-10 finishes on the LPGA Tour, including 10 runner-up finishes.

During that time, she also married and divorced pro golfer Bobby Cole (twice), raised seven children, starred in several TV commercials and wrote a book "Out of the Rough." And, at age 63, competition is still a driving force for Baugh.

"For me, I love competition," she said. "Golf is a game where you develop lifetime friends. The women I play tournaments with, I've known for 40 or 50 years. Arnold Palmer used to say golf 'doesn't develop character, it reveals character.' Most (golfers) have so much character and so many great attributes, and so many people know them as great golfers, but I know them as great people."

Baugh will be one of 120 seniors competing in the U.S. Senior Women's Open, which runs Thursday, May 16 through Sunday, May 19, at Pine Needles in North Carolina. The tournament is only in its second year, and Baugh was part of the process to make the event a reality.

"I worked really hard with a few other women to try and get the U.S. Women's Senior Open," Baugh said. "About five years ago, several of us played qualifying tournaments for the men's U.S. Senior Open, and they said it was great to have us there but why aren't you in the Women's Senior Open? Our response was, 'There isn't one.' Within six months we had one in the making, so I feel a big part of the Senior Women's U.S. Open being around because we tried for years to get it, and finally we got it."

Baugh said she didn't score as low as she wanted in last year's inaugural event at the Chicago Golf Club, but feels more prepared this year, and has been focusing on her short game.

"I work on my putting because putting is really important," Baugh said. "It may not be as exciting as hitting the long drives but putting is where it's all at."

Baugh also said she thinks continuing to participate in tournaments hasn't just helped her overall game but has benefited her in her current job at Sawgrass Country Club.

"I found I was a better teacher if I stayed relevant in the playing capacity because I could relate more," she said. "It was a refresher of what it's like to play under that level of competition."

Baugh enjoys the opportunity to share the game she loves with people of all different abilities across all different age groups.

"It's a very high-level process," she said. "I can teach whatever level you come to me at. Although the language may change and questions you have as you move along your journey may change, the process is still the same. I enjoy it because I know my stuff, and I know that it works and I'm able to help my students love their game of golf."

Baugh moved to Ponte Vedra about three years ago from another golf hotspot, Augusta, Georgia, where she relocated to in 2013 after around 25 years living in Orlando. After raising her kids, she was looking for something new, and visited a friend who lived in Atlantic Beach, and realized Ponte Vedra would be a good fit for her.

"It's such a charming area," Baugh said. "It's nice that everyone plays golf. I think that makes me valuable. I always call Ponte Vedra a hidden gem. Not that many people may know about it, but the people who live here really treasure it, and the golf is just so wonderful here."

And golf is something Baugh appreciates more and more, especially as she gets older.



Photos courtesy of Laura Baugh

Former LPGA Tour player and Ponte Vedra resident Laura Baugh will compete in the U.S. Senior Women's Open this week in Southern Pines, North Carolina.



"It's such an opportunity to showcase that women, 50, 60 and even 70 years old, are still in great shape and competitive. The image of a mature woman now is so much different than what we used to think."

Laura Baugh

On the women's senior circuit in golf

John Lobb defends JAGA Senior Amateur, wins 3rd title in 4 years

John Lobb got up and down for par from 40 feet on the 54th hole to capture a one-shot victory and his third JAGA Senior Amateur Championship title in four years.

The former Naval Station Mayport executive officer sealed the win April 30 at St. Johns Golf & Country Club with a two-footer moments after Scott Ray of Central City, Kentucky, missed from 6 feet for par.

Lobb shot rounds of 73-70-75-218 – 218 (3-over par) for his three trips around the 6,495-yard, par-72 golf course. The runner-up Ray recorded 76-71-72 – 219 (3-over par). Another shot back in third place was Jim Loftin, a JAGA director representing The Palencia Club in St. Augustine. The former Columbus (Georgia) State University teammate of Jim “Bones” Mackay posted 72-76-72 – 220 (4-over par).

The champion got off to a slow start bogeying the first two holes, then birdied Nos. 3 and 4. Beginning the final round up by four shots, Lobb’s lead at the turn was only two over Ray, who went out in 35. Loftin also shot 35 and was two back.

Lobb’s four bogeys on the back nine were offset by birdies on Nos. 15 and 16. Ray and Loftin both shot 37 on the back nine and could not overtake the 55-year-old Lobb.

Lobb won his first Senior Amateur at Windsor Park Golf Club in 2016 and his second in April 2018 at Eagle Harbor Golf Club. The Frank Rogers Trophy will once again return and be on display for the next 12 months at his home club, Jacksonville Golf & Country Club.

The top 10 finishers were as follows:

1. John Lobb (Jacksonville) 73-70-75—218 (+2)
2. Scott Ray (Central City, Kentucky): 76-71-72—219 (+3)
3. Jim Loftin (St. Augustine): 72-76-72—220 (+4)
4. Michael Vallencourt (Orange Park): 75-75-76—226 (+10)
- T5. Bob Macmillan (Ponte Vedra Beach): 76-78-74—228 (+12)
- T5. Glenn Przybylski (Frankfort, Illinois): 76-79-73—228 (+12)

7. Billy Lodise (St. Augustine): 73-80-76—229 (+13)

8. Richard Holmes (St. Johns): 78-78-74—230 (+14)

9. John Felice (Ponte Vedra Beach): 80-80-73—233 (+17)

T10. John Milton (Jacksonville): 79-76-79—234 (+18)

T10. Bill Hardaker (Atlantic Beach): 79-75-80—234 (+18)

Super Seniors (Ages 60-69)

Retired Naval intelligence officer and Ponte Vedra Beach resident David Houghton, representing Sawgrass Country Club, captured a five-shot win in the Super Seniors competition for players ages 60-69.

The 2014 Massachusetts Senior Amateur champion fired rounds of 72-69 to post a three-under-par 141 total. Gary Blackwell, representing St. Johns Golf and Country Club, finished runner-up after recording a pair of 73s on his home course. The Super Seniors layout played 5,993 yards.

The top five Super Seniors were as follows:

1. David Houghton (Ponte Vedra Beach): 72-69—141 (-3)
2. Gary Blackwell (Jacksonville): 73-73—146 (+2)
- T3. David Hawkins (Jacksonville): 78-76—154 (+10)
- T3. Wen Bray (Ponte Vedra Beach): 77-77—154 (+10)
5. Kenny Robshaw (St. Augustine): 78-77—155 (+11)

Grand Seniors (Ages 70+)

The age 70+ Grand Seniors saw Brian Newberry of Newberry, Florida, and University of Florida Golf Club defended his 2018 title. His 75-77-152 total bettered runner-up Charles Smith of Ponte Vedra Beach and Sawgrass Country Club by two. Smith shot 75-79-154. The golf course was set up at 5,557 yards.

The top five Grand Seniors were as follows:

1. Brian Sachs (Newberry): 75-77—152 (+8)
2. Charles Smith (Ponte Vedra Beach): 75-79—154 (+10)



Photos courtesy of JAGA

JAGA Senior Amateur champion John Lobb holds the Frank Rogers Trophy for the third time April 30 at St. Johns Golf & Country Club.



Grand Seniors champion Brian Sachs, Tournament Chairman Gregg Deiboldt, Senior champion John Lobb and Super Seniors champion David Houghton

3. Danny Daniels (Kingsland, Georgia): 81-74—155 (+11)

T4. Rocky Russell (Atlantic Beach): 85-74—159 (+15)

T4. Randy Simmons (Jacksonville): 77-82—159 (+15)

The three gross champions received engraved sterling silver money clips from Underwood Jewelers and gift certificates to PGA TOUR Superstore.

The winners in the net competitors were as follows:

Seniors – NA

Super Seniors – Mark Kotny (Ponte Vedra Beach)

Grand Seniors – Rocky Russell (Atlantic Beach)

First played in 1958, the JAGA Senior Amateur is the oldest continuously played golf tournament in North Florida and features contestants who are age 50 and above. It was sponsored for the third year in a row by European Street Cafe.

Visit www.jaxareagolf.org for more information on JAGA.

Baugh

Continued from 14

“Golf is not a sport that is a flash in the pan, it’s a continuous journey,” she said. “And the senior women’s circuit is very hot right now. It’s such an opportunity to showcase that women, 50, 60 and even 70

years old, are still in great shape and competitive. The image of a mature woman now is so much different than what we used to think.”

Baugh will be in a field this week that includes U.S. Senior Women’s Open defending champ and World Golf Hall of Famer Laura Davies; 80-year-old JoAnne Carner, who was the first person to win three dif-

ferent USGA Championship events; and World Golf Hall of Famer and two-time U.S. Women’s Open champ Juli Inkster.

Baugh said there’s a lot of comfort and pride in knowing that the sports she loves is something she can continue to do for the foreseeable future. It’s also an opportunity for her to show other women to continue to embrace their qualities and

abilities as they get older.

“It’s not really reliving the past, it’s living the present,” Baugh said. “That’s what’s great about the Senior Tour. I think it’s wonderful when you see people in your generation doing what you want to be doing, so I’m not surprised to see women’s senior golf as a hot market right now, and I’m proud to be part of it.”

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The Palms at Ponte Vedra hosts Mother's Day Tea

Mothers at the Palms at Ponte Vedra enjoyed a Mother's Day Tea with their daughters and granddaughters on Friday, May 10.

Attendees of the event enjoyed coffee, tea, finger sandwiches and an array of desserts. Residents also enjoyed music by Tracey Maclean.

Visit www.palmsatpontevedra.com for more information on the Palms at Ponte Vedra.



Jennifer Nelson with mother Linda Wilson



Lisa Delaney and mother-in-law Marjorie Delaney



Irene Lazzara gathers with mother Judith Johnsen and Megan Lee at the Mother's Day Tea on May 10 at the Palms at Ponte Vedra.



Tracey Maclean entertains attendees of the event.



Ilse Mead



Event guests serve themselves at the event.



Olga Mujica and granddaughter Kelly Landolf

A golden opportunity at the Active After 50 Expo

The Active After 50 Expo — a lifestyle, health and aging event — will be held Saturday, May 18, from 10 a.m. to 2 p.m. at the Ponte Vedra Concert Hall and adjacent Ponte Vedra Memory Care Center.

The free event will provide baby boomers, seniors, caregivers, family members and professionals who serve the baby boomer and senior community with information and on-site experts to answer questions on a variety of topics. These topics include fitness, travel and cruises, leisure and recreation, finance, retirement and insurance services, health screenings, home and garden, kitchens and baths, nutrition and diet, memory care services, spas and saunas, technology, senior living and assisted living options, pain relief and more. The event will host over 60 exhibitors offering products and services.

Presenting sponsors Flagler Health+, Bozard Lincoln and Medicare Mary join other sponsors including AARP, the Ponte Vedra Recorder, Humana, Island Doctors, Surterra Wellness, Liberate

Physician Centers and Rebirth. Brought to you by activeboomersandseniors.com and WSOS Radio, the Active After 50 Expo is produced by Lifestyle Events Management.

Treasures from the Attic

The Expo will feature a Treasures from the Attic antique appraisal in the Ponte Vedra Memory Care Center, sponsored by the Ponte Vedra Recorder.

The event is based off the popular PBS show, "Antiques Roadshow." Appraisals will be provided by B. Langston Estate Sales & Auctions and Expert Jewelry Appraisers. Hand carried treasures will receive a verbal approximation of value for \$5 an item with proceeds benefitting the St. Johns County Council on Aging (COA).

"By participating in the Treasures from the Attic antiques appraisal portion of the expo, you will help COA continue to serve seniors in St. Johns County," said Tom Toretta, development and communications manager for the COA. "As a nonprofit serving the county for over 45

years, we rely heavily on the support of the community."

Passport to Prizes

Sponsored by Liberate Physicians Centers and Surterra Wellness, visitors to the Expo also have an opportunity to participate in Passport to Prizes to win a variety of prizes provided by sponsors and exhibitors at the show.

Grand Prizes include a large 55-inch flat-screen Smart TV courtesy of activeboomersandseniors.com and an "Evening Out in Lincoln Luxury" courtesy of Bozard Lincoln.

Upon entering the Expo, guests will receive a passport. They can visit the booths with a Passport to Prizes sign to have their passports stamped or initialed by the exhibitor, while at the same time learn from the providers about their products and services.

After all exhibitors have signed the passports, guests can return it to the Liberate Physicians Centers/Surterra Wellness booth near the Concert Hall entrance.

Starting at 11 a.m., WSOS Radio will announce a prize winner every 30 minutes from the Main Stage. The remaining prizes, including the two grand prizes, will be drawn at 1:45 p.m. on the Concert Hall Main Stage. Guests do not need to be present to win but should make sure their names and email addresses are clearly printed on the front of the passport so they can be contacted if they are prize winners.

Additional information

Kevin Geddings from WSOS 103.9 St. Augustine/95.5 Ponte Vedra will be broadcasting live on the main stage in the Concert Hall playing the hits of the 60s, 70s and 80s.

The expo offers free admission, free parking and complimentary lunch while supplies last, hosted by the Council on Aging in the Memory Center and sponsored by activeboomersandseniors.com and WSOS Radio.

For any additional information, email boomerseniorexpo@gmail.com or call (904) 829-4502.

The numbers behind the 'Age Wave'



Seth Movsovitz
Guest Columnist

By Seth Movsovitz
Special to the Recorder

I often times hear conversations about our current aging population. Many people say that the "Age Wave" is on its way. Wrong! The "Age Wave" is already here, and we

have not come close to high tide yet.

Over the next several months, I will be sharing some articles with you that will hopefully help you and your family members navigate many of the trials and tribulations when caring for a loved one.

I tell families all of the time that we did not go to school or take any courses on how to care for our aging parents, so it's essential to educate yourselves on the variety of options available.

For today's article, I will share some eye-opening statistics regarding the world of aging.

Caregiving population

According to research from the National Alliance for Caregiving and Evercare in 2009, the value of the services family caregivers provide for "free," when caring for older adults, is estimated to be \$375 billion a year. That is almost twice as much as is actually spent on homecare and nursing home services combined (\$158 billion). In addition, 47 percent of working caregivers indicated an increase in caregiving expenses has caused them to use up all or most of their savings.

Also, here are a few statistics to consider from the National Alliance for Caregiving in collaboration with AARP in 2009 regarding the caregiving population:

- More than 65 million people, or 29 percent of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.

- The typical family caregiver is a 49-year-old woman caring for her widowed 69-year-old mother who does not live with her. She is married and employed. Approximately 66 percent of family caregivers are women. More than 37 percent have children or grandchildren under 18 years old living with them.

- Thirteen percent of family caregivers are providing 40 hours of care a week or more.

MOVSOVITZ continues on Page 20



Photo by Tom Barr and Tom Burov

The Sassy Tappers from the Neptune Beach Senior Activity Center gather during their recent production of "Broadway Moments."

Sassy Tappers present 'Broadway Moments'

The Sassy Tappers from the Neptune Beach Senior Activity Center recently presented their 2019 show, "Broadway Moments," which was choreographed and directed by Peg Paschal.

The lively and fast-paced production highlights music and

dance styles from many award winning shows such as "Chicago," "Guys and Dolls," "42nd Street" and a glittering finale from "A Chorus Line."

Visit www.sassytappers.com for booking information and the group's current schedule.

Natural solutions for going gray with style

Gray hair is a natural side effect of aging. The rate at which hair will turn to gray differs based on genetics and other factors. Some people may go gray seemingly overnight, while others may gray at the temples first before

the rest of their hair gradually changes color.

Aging women often wonder if they should cover up their gray hair or embrace the silver. Going gray is no longer something that has women run-

ning to their stylists at the sight of the first gray strand. Some actually opt for silver even before their own gray sets in. According to a 2017 survey of hair

GRAY continues on Page 20

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Movsovitz

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■ Fifty-one percent of care recipients live in their own home, 29 percent live with their family caregiver and 4 percent live in nursing homes and assisted living.

Impact on family caregiver's health

The research on the impact of caregiving on one's health is significant.

Again according to the National Alliance for Caregiv-

ing in collaboration with AARP in 2009, 23 percent of family caregivers caring for loved ones for five years or more reported their health is fair or poor.

In addition, research from the Proceedings of the National Academy of Sciences in 2003 concluded that stress of family caregiving for people with dementia has been shown to impact a person's immune system for up to three years after the caregiving ends, thus increasing their chances of developing a chronic illness themselves.

Lastly, the Proceedings of the National Academy of Sciences also found in 2004 that family caregivers expe-

riencing extreme stress have been shown to age prematurely. This level of stress, said the organization, can take as much as 10 years off a family caregiver's life.

All of this information reinforces that the "Age Wave" is already here. We also need to be aware of the needs of our aging parents and loved ones as we want to care and support them the best that we can.

Seth Movsovitz is the owner of Ponte Vedra Home Care, a private duty home care agency. He has over 16 years of experience in the home care industry and is a PAC (Positive Approach to Care/Teepa Snow)-certified dementia trainer. Visit <https://pvhomecare.com/> for more information.



Saturday, May 18



10:00 am - 2:00 pm





ACTIVE AFTER 50 EXPO SEMINAR PRESENTATION SCHEDULE

COA Memory Care Center (adjacent to PONTE VEDRA CONCERT HALL)

10:30	<p>The Integrative Memory Enhancement Program <i>Michele Sanchez, Council on Aging IMEP Manager</i></p> <p>Learn about the Council on Agings Integrative Memory Enhancement Program - an innovative and cutting-edge program for people with early memory loss. Learn the basics of brain health along with exercises to increase neural connectivity and strategies to boost brain function.</p>	
11:00	<p>Better Balance Health & Wellness <i>Heather LeShane, P.T. ; Balance and Vestibular Certified Therapist; Flagler Health +</i></p> <p>Heather will discuss The Balance System; including how to achieve Better Balance, Fall prevention and important Home Safety tips.</p>	
11:30	<p>Understanding Vein Disease & Treatment Options <i>Dr. Megan Deacon-Casey, Ponte Vedra Vein Institute</i></p> <p>Vein disease is very common. 1 out of 2 people over the age of 50 has vein disease and are plagued by symptoms. Dr. Megan Deacon-Casey will discuss symptoms of Vein Disease, Venous Disease, Chronic Venous Insufficiency (CVI) and treatment options. Vein disease is a medical condition recognized by Medicare, Medicaid & private insurance carriers.</p>	
12:00	<p>Medicare, Experiencing a Medical Emergency Away from Home, and Ambulance Transportation Coverage <i>Mary Plummer - "Medicare Mary", CEO and President</i></p> <p>Mary will speak about the mis-interpretation of coverage for Ambulance Transportation, the exposure faced if an emergency occurs away from home and the financial risk of both situations.</p>	
12:30	<p>Pain Relief for Boomers & Seniors: Is Medical Marijuana the Answer? Sponsored by LiberateJax & Surterra Wellness <i>Dr. Joshua Henry, MD</i></p> <p>Discussions will include how medical cannabis may ease long term pain, how it affects the body, what medicinal products are available and where to get registered in Florida with a local physician.</p>	

 www.activeboomersandseniors.com
 904-829-4502
  Sara@LifestyleEventsMgt.com



Photo courtesy of metrocreativeconnection.com

Gray

Continued from 19

trends by L'Oréal Professional, 28 percent of women embraced or considered opting for silver hair.

The trend has continued to gain steam.

Celebrities like Jamie Lee Curtis and Helen Mirren were some of the first to embrace their grays. Younger celebrities like Kendall Jenner, Pink and Lady Gaga have opted for silver tresses to make a statement.

But there are still many women who prefer to transition gradually or avoid the harsh chemicals in some hair products. The National Cancer Institute states that more than 5,000 different chemicals are used in hair dye products, some of which are reported to be carcinogenic in animals. There are many natural ingredients that can add tint to hair to make gray less visible. Coffee, for example, can cover grays and add dimension to dark tresses. Chamomile tea is recommended for blonds to add natural highlights and perhaps camouflage their grays. Calendula, marigold, rosehips, and hibiscus can deepen red shades or add some subtle red highlights. Henna also is a popular natural method to add a red-orange color to hair. Creating highlights to offset gray hair can work as well. Spraying lemon juice on hair and sitting in the sun can produce lightening effects.

Many women are seeking natural options to look their best. Embracing grays or creating subtle tints with natural ingredients can help women feel confident and beautiful.

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Fleet Landing Investment Club beats best minds on Wall Street

Champagne flowed at a recent meeting of the Fleet Landing Investment Club (FLIC). The club beat the S&P 500 average in 2018, not by a little, but by a significant amount. According to the club, the S&P was down by 4.5 percent. The club was up 2.5 percent, or 700 basis points better. In an average year, the S&P would have been up 10 percent. FLIC would have been up 17 percent.

FLIC realized that unexpected events often happen in the markets and was ready to handle them. According to the club, one unexpected event was the crash of Apple Inc. The club realized that after the death of co-founder Steve Jobs, Apple had failed to replace its source of creativity and innovation.

FLIC had huge profits in Apple. They carefully watched Apple's performance as it coasted upwards on Jobs' ideas. When the company finally faltered, they sold it before it plummeted and lost one-third of its value.

Market analysis also helped FLIC sell Home Depot and other stocks. According to the club, it is relatively easy to buy stocks that do well for a time. The difficult skill, said the club, is to sell them near the point of maximum profit. Fleet Landing Investment Club has done considerable study and research in this area. As a result, it has been



The Fleet Landing Investment Club gathers in celebration of beating the S&P 500 average in 2018. Pictured are: Ron Jacobstein (front row), Bob Dinda, Tom Steinke (back row), Walt Trevas-kis, Howard Burdick and Joe Ruthenberg.

Photo courtesy of Bob Dinda

doing well at this task.

Much of this improvement has been due to the leadership of Bob Dinda, who was elected president of FLIC about two years ago. His first 25 years were spent as an aerospace engineer. He rose to be an engineering director at Computer Sciences Corp., reporting directly to the president. He was then hired by Wall Street, where he spent the next 30 years. While there, he pledged to himself that he would spend maximum time in the research departments and learn from the brightest, most experienced analysts.

When elected president of FLIC, Dinda pledged to help the club beat the S&P. On the masthead of reports was the new motto: "BEAT THE S&P." In January when Bob

saw the performance figures for the past year, he couldn't believe them. He was pretty sure the club had beaten the S&P, but he questioned if it was really by that amount. He considered it impossible. He spent much of January checking and rechecking the figures.

Dinda said this performance would not have been possible without the help of the eager and knowledgeable members: Howard Burdick, treasurer; Walt Trevaskis, secretary; Tom Steinke, keeper of the SSG; Joe Ruthenberg, master of electronics; and Ron Jacobstein, assistant to the president. New members are Dick Footh and John Lones.


The FLIC meets the second Wednesday of each month in the Executive Conference Room at 7:30 p.m. at Fleet Landing.

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 Shapiro Group, 2012.

PV2-LV6045

St. Johns County Commission designates May 2019 'Older Americans Month'

At its May 7 meeting, the St Johns County Board of County Commissioners issued a proclamation designating May 2019 "Older Americans Month."

The proclamation urged residents to take time during the month of May to "recognize older adults and people who serve them as essential and valuable members of our community."

Fifty-six years ago, President John F. Kennedy designated the month of May as "Senior Citizens Month" to recognize older Americans and their contributions to their communities.

This year's theme, "Connect, Create, Contribute," encourages older adults to create and connect with their communities, and continue to contribute their time, talents and life experiences to benefit others.

Council on Aging (COA), a nonprofit charitable organization serving seniors in St. Johns County, will celebrate older adults throughout the month of May.

COA will also host the second of two annual centenarian luncheons honoring residents 90 years of age and better on Wednesday, May 22, at THE PLAYERS



Photo courtesy of Council on Aging

The St. Johns County Board of County Commissioners gather with representatives of Council On Aging after the Commission issued a proclamation on May 7 designating May 2019 "Older Americans Month."

Community Senior Center in Ponte Vedra Beach. The luncheon is open to residents who live in zip codes 32082 and 32081 only and are 90 years of age and up.

Table sponsorships are available for \$250 and include table recognition and one seat

at the luncheon. For more information, to sponsor a table or to RSVP, contact Carolyn Karger at (904) 209-3687 or ckarger@stjohnscoa.com.

For more information on COA, visit www.coasjc.org, or call (904) 209-3700.

Congressman John Rutherford visits SJC Council on Aging

St. Johns County Council on Aging (COA) recently welcomed a visit from Congressman John Rutherford in March.

The congressman toured COA's facilities on Marine Street in St Augustine, including COA's Coastal Community Senior Center and River House. Rutherford noted that Council on Aging is "doing the Lord's work."

"I think it says a lot about a community in how they treat their seniors, upon whose shoulders we all stand," Rutherford said. "It's also a promise to those who are growing up. I want my children to see how we take care of our elders, and I want them to have that same feeling when it's their time to help."

Founded in 1973, COA provides services that include Meals on Wheels for homebound elders, paratransit services, in-home care, adult day care, caregiver support, enrichment activities and opportunities for lifelong learning.

"We are very appreciative that Congressman Rutherford took the time to come meet with seniors, and see first-hand how COA serves the community," COA Executive Director Becky Gianni said. "As a nonprofit, we rely upon the generosity of everyone in the community to support our mission. The support of our representatives in government is crucial to helping us meet our goal of being there for those who were there for us, and who need our help."



ABOVE: St. Johns County Council on Aging Executive Director Becky Gianni and Congressman John Rutherford gather during a recent visit by Rutherford to COA in March.



LEFT: Rutherford meets with seniors at Council on Aging.

Photos courtesy of David Macri

UPCOMING COA EVENTS AT RIVER HOUSE IN ST. AUGUSTINE

St. Johns County Council on Aging (COA) will host the following events in May and June at River House in St. Augustine, located at 179 Marine St.

Grief Support Group

Tuesday, May 21 from 10:30 a.m. to noon

If you are grieving the loss of a loved one, COA welcomes you to join this complimentary monthly bereavement group where you can share thoughts, memories and process the issues of grieving. For more information, call (904) 209-3655.

French Level 1 Language

Wednesdays, May 8, 15, 22 and 29 and June 12 and 19, from 1:45 to 2:45 p.m.

Cost: \$30 for River House members and \$35 for nonmembers

Discover France and the French Language with this interactive six-week course, which will help you learn basic French language skills and understand French culture through role-playing, storytelling and situational, real-life learning environment. To register, call (904) 209-3655.

French Beginners Conversational French Language

Wednesdays, May 8, 15, 22 and 29 and June 12, 19, from noon to 1:30 p.m.

Cost: \$40 for River House members and \$50 for nonmembers.

You must have taken French Level 1 to enroll in this class. To register, call (904) 209-3655.

Art Techniques Classes

Thursdays beginning May 30, from 10 a.m. to noon or 1 p.m. to 3 p.m.

Cost per session: \$7 for River House members and \$10 for nonmembers.

Two classes will be offered for artists of all levels to improve their techniques in the media of their choice (watercolor, pastels, colored pencil, mixed media, etc.). Attendees should bring in their current projects so that instructor Jaime Bernstein may guide them through the tips and tricks of various art forms. Space is limited. Reservations are required. Call (904) 209-3655.

Senior Singles Group

Join local seniors for food and fun conversation the first Tuesday of each month at various restaurants. Call Victoria Balsamo at (419) 651-0411 for reservations.

Music Simplified

Monday, June 10, from 9 a.m. to noon

Cost: \$45 for River House members and \$55 for nonmembers

Learn how to play guitar, ukulele, banjo or dulcimer. Learn to tune and chord any of these instruments in one easy lesson. No previous playing experience is necessary. Bring your own instrument, borrow one from a friend or use one of COA's. All materials are provided. To register, call (904) 209-3655.

River House Book Club

Tuesday, June 11 from 3 to 4 p.m.

This group is complimentary and made possible by the St. Johns County public library book mobile. "Where the Crawdads Sing" by Delia Owens will be discussed.



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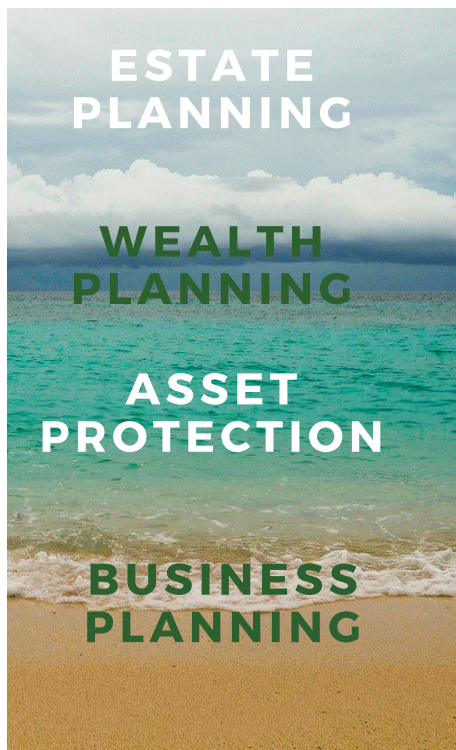
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Photos courtesy of Vicar's Landing

Aaron Mobley, Rick Exequelle, Jaxson de Ville, Scott Hetzinger, Ken Gorman and Bruce Jones gather at a charity golf event in March hosted by Vicar's Landing and Lend An Ear Outreach.

Vicar's Landing, Lend An Ear Outreach host charity golf event

Vicar's Landing, in partnership with Lend An Ear Outreach, hosted its 14th annual golf charity event in March to benefit the community's scholarship fund and the Lend An Ear foundation.

The event featured a prize raffle, putting contest, 50/50 drawing, skills clinic and more. Since the scholarship program began at Vicar's Landing in 1994, more than \$4 million has been awarded to employees.

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Recent expansion at Vicar's Landing in Ponte Vedra Beach included a nine-hole putting course and an outdoor deck overlooking the waterway, keeping members engaged and entertained. According to Vicar's, active lifestyles at all ages is critical to overall health as is being outdoors.

Photos by Scott Smith/Monarch Studios

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Fixed annuity could help extend lifespan of retirement accounts



By Karsten Jacobson, CFP®

Karsten Jacobson
Columnist

It's almost impossible to save too much for retirement. After all, you could spend two, or even three, decades as a retiree. And retirement is not cheap. Even if you maintain a relatively modest lifestyle, some of your expenses, especially those involving health care, may continue to rise over the years. Consequently, you will need

several sources of reliable income — one of which might be a fixed annuity.

Fixed annuities are essentially contracts between investors and insurance companies. When you purchase a fixed annuity, the insurer will guarantee the principal and a minimum rate of interest. This means the money you invest in a fixed annuity is designed never to drop in value. (This guarantee, however, is based on the claims-paying ability of the insurer that issues the annuity.)

You can structure a fixed annuity to pay you for a certain number of years or for your entire lifetime, which

is the route many people choose. This is advantageous not only because of what it provides you — income for life — but because it also may allow you to take out less money each year from your other retirement accounts.

Here's some background: Once you turn 70½, you are required to begin taking withdrawals from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan. (This requirement does not apply to Roth IRAs.) You must take out a minimum amount, based on your age and account balance, but you are free to exceed that amount each year. But the more you withdraw from these accounts, the faster they are likely to be depleted.

So, when you reach retirement, it's a good idea to establish an appropriate annual withdrawal rate, based on your retirement plan balances, Social Security, lifestyle, longevity expectations and other factors. You may want to work with a financial professional to determine a withdrawal rate that's suitable for your needs.

If you can count on the income from a fixed annuity, you might be able to take out less each year from your traditional IRA and 401(k), giving these accounts more tax-deferred growth opportunities. Plus, if you don't withdraw all the money from these accounts during your

lifetime, you can include the remainder in your estate plans.

A fixed annuity's potential to help you extend the lifespan of your IRA and 401(k) can clearly be of value to you. Still, a fixed annuity does carry some issues about which you should be aware, such as surrender charges for early withdrawals, along with other fees. Also, if you take withdrawals before you reach 59½, you likely will face a 10 percent penalty. And annuities can have tax implications, so before you start taking withdrawals, you will want to consult your tax advisor.

Is a fixed annuity appropriate for you?

There's really no one correct answer because everyone's situation is different. If you consistently max out your IRA and 401(k) contributions, however, and you still have money left to invest for retirement, you might want to think about an annuity. An income stream you can't outlive — and that may help you protect your other retirement accounts — is worth considering.

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

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THEME: THE 1920s

ACROSS

1. Estimator's phrase
5. Pharaohs' cobras
9. Cheek ____ test
13. Pays the bill
15. Ho-hum
16. Gallup's inquiry
17. Plural of folium
18. Spiky seed pod
19. *Lucy's solo in "The Threepenny Opera," e.g.
20. *It crashed hard
23. *Insulin's birthplace, e.g.
24. ____ the season!
25. Rolling country, pl.
27. Mark on Pinterest
28. Change a sketch
30. Tag predecessor
33. Garbed
35. Large amount often followed by "of"
38. Grammy of sports
39. Comforter stuffing feathers
41. *Aimee Semple McPherson action
42. Type of wheat
44. Collier's work place
45. Dublin land
46. City in Syria
48. *Douglas Fairbanks did it
50. Smokeless tobacco brand
51. Fuss to Shakespeare

52. Last letter
53. *New York's Harlem ____
60. Et alibi
62. *1920s art style
63. Distinguishing feature
64. Do like phoenix
65. Chutzpah
66. Anatomical dividers
67. December stone
68. Purse for a formal affair
69. * ____ Candies

DOWN

1. Deals a death blow
2. Place of origin
3. *Like Lindbergh's transatlantic journey
4. Ear-related
5. Whose music is featured in "Mamma Mia!"?
6. Talk like a drunk
7. Amusement destination
8. Keen-witted
9. Epsom or Évian-les-Bains
10. It began in 1914
11. *Al Brown to Al Capone
12. Spill the beans
14. Hinduism's divine feminine power
21. Kind of pie
22. High rocky hills
26. Turkey's hanging neck skin
47. Promise allegiance

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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.

28. *Major 1920s electronic device
29. "I Dream of Jeannie" actress
30. "For ____ a Jolly Good Fellow"
31. #5 Across, sing.
32. *Prohibition era establishment
34. Not stiff
36. Feather glue?
37. Visual system organ
40. Interprets, as in tarot cards
43. Product of lachrimation
47. Promise allegiance
49. Receipt listings
50. ____ one's ways
51. Garlic mayo
52. Goose egg
54. Like a drink in a snifter
55. *Rights and liberties org.
56. Greek god of war
57. Where a bib is tied
58. Repeat a passage from
59. JFK or ORD postings
61. Barker of Tarzan the Ape Man fame

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11:00	Better Balance Health & Wellness <i>Heather LaShane, PT Flagler Health+ Wellness Center</i>
11:30	Understanding Vein Disease & Treatment Options <i>Dr. Megan Deacon-Casey, Ponte Vedra Vein Institute</i>
12:00	Medicare, Experiencing a Medical Emergency Away from Home and Ambulance Transportation Coverage <i>Mary Plummer - "Medicare Mary", CEO and President</i>
12:30	Pain Relief for Boomers & Seniors: Is Medical Marijuana the Answer? <i>Dr. Joshua Henry, MD</i> Sponsored by: Liberate Physician Centers/Surterra Wellness



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PAGE 29

THURSDAY, MAY 16, 2019

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North Guana Outpost hosts Paddlefest, party benefiting HEAL Foundation

By Daniela Toporek

The North Guana Outpost (NGO) is a small, family-owned outfitters store located on Mickler Road in Ponte Vedra Beach suited for paddleboarding, kayaking and fishing enthusiasts. May 24 of this year marks its five-year anniversary and to celebrate, NGO held its inaugural Spring Paddlefest on Saturday at the GTM Reserve, along with a customer appreciation and post-race after party in their own store.

Gail Ingalls is the co-owner of the NGO alongside her daughter, Lauren Ingalls.

“Lauren and I run it,” Gail Ingalls said. “We sell kayaks, paddleboards, clothing, bait and tackle, we even have offshore stuff and Hyppo pops! My son, Brandon, does fishing charters from here. And that’s Tank. He’s our greeter.”

Tank is the family dog and is the fluffiest greeter an outfitters store has ever employed.

“We had 75 paddlers, which is awesome,” Gail said. “We had a 3-, 6- and 8-mile race. This is the post-party, anniversary party and customer appreciation night.”

All proceeds from the event supported the Ponte Vedra Beach-based HEAL foundation, helping enrich autistic lives.

Competitors travelled from across the country to compete, including a number



ABOVE: The North Guana Outpost hosted its inaugural Spring Paddlefest on May 11 before an afterparty for guests and customers.

LEFT: Race organizer Jim Ingalls and North Guana Outpost staff member Dylan Lane pose behind the North Guana Outpost counter while talking to guests during the afterparty.

Photos by Daniela Toporek

OUTPOST continues on Page 30

401ks: You better not judge this book by its cover



Ric Schilling
Columnist

By Ric Schilling

We all should know by now that defined contribution plans such as 401 (k) plans have taken the place of traditional, defined benefit pension plans in Corporate America. What

many people fail to understand, however, is how the investments held in these accounts can be dangerous to their future retirement. Let me discuss two problems to consider.

First, most 401(k) plan administrators (the folks who manage the plan) are investment firms, many of whom have their own proprietary mutual funds. So, it shouldn’t be surprising that the fund choices offered to plan participants include these funds and, in some cases, are the only fund choices offered. Fidelity is a huge 401(k) plan administrator and, in every Fidelity plan I’ve seen, their funds are in the majority of the fund choices offered or are the only funds offered. That would be fine if every Fidelity fund was the best performer when compared with other similar funds, but that is often not the case.

SCHILLING continues on Page 31



PALENCIA DENTAL CELEBRATES REBRANDING, EXPANDED SERVICES WITH RIBBON-CUTTING CEREMONY

The team from Palencia Dental in St. Augustine gathers with representatives from the St. Johns County Chamber of Commerce at a ribbon-cutting ceremony on May 2. The event celebrated the practice’s rebranding and expanded services. Visit www.palencidental.com for more information on Palencia Dental.

Photo by Susan Griffin

Outpost

Continued from 29

of internationally ranked paddlers. One of them was Eri Tenorio from Brazil, who is the 21st fastest paddler in the world.

“At least three paddlers were in the top 100 of the world, and Eri was the best by far,” said Jim Ingalls, Paddlefest organizer and Gail Ingalls’ husband. “He had to go back because he flies to Europe for the European tour tomorrow.

Jaime Smyth, an Atlantic Beach paddleboarder who participated in the 8-mile race, said that competing in flat water was much more difficult than meets the eye, or in his case, the paddle.

“When I heard it was flat water, I was like, ‘Oh, I’m going to go out there and crush it and I didn’t,’” Smyth said in good sport and humor. Smyth normally paddles out at sea. “I was surprised by the shallow water and how that slowed me down. And the head wind, we turned around and the wind just whacked us.

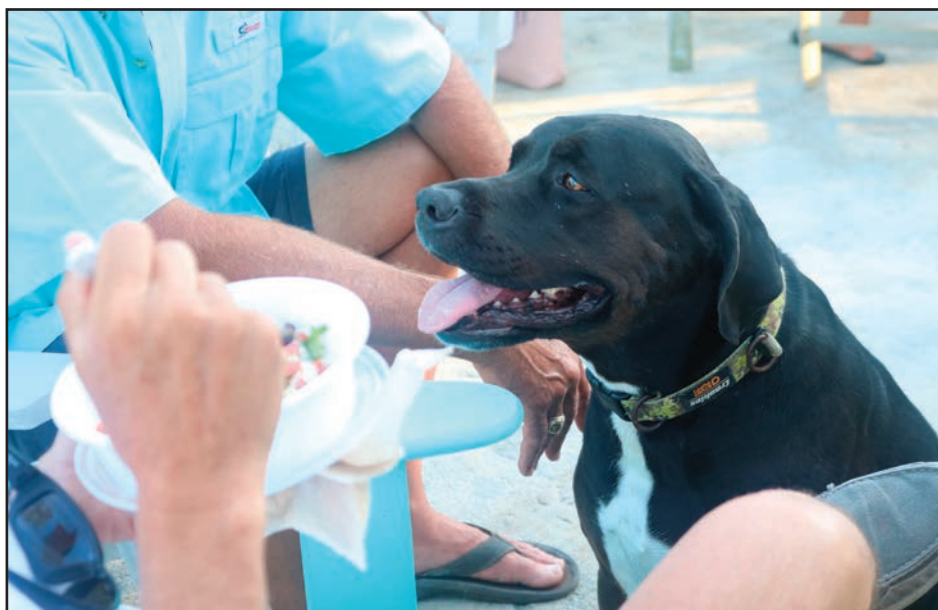


Photo by Daniela Toporek

North Guana Outpost greeter and pet, Tank, welcomes guests in exchange for a snack.

“I got my butt whooped by my buddy, Val (Stepanchuk),” Smyth continued. “He’s quite an accomplished paddler. It’s always good to have somebody to chase.”

Other paddlers traveled from Michigan, Georgia and all over Florida, including Tampa, St. Augustine, Jacksonville and Stuart, a small city with a big reputation

in paddling. Stuart is home to the paddleboard company, the Flying Fish Paddle Sports. With the NGO being a retailer, it’s only fitting that the company’s paddle boarding team came to compete.

“We’ve been connected with the owner and builder of these boards,” Jim said, referring to the Flying Fish owner, John Meskauskas. “He’s really helped mentor us and this shop and all the operations, all things paddleboards.”

Apparently, the mentoring is paying off. North Guana Outpost’s inaugural Spring Paddlefest was a success. Not only did the proceeds go to HEAL, but it brought visitors to the natural beauty of the GTM Reserve, where guests enjoyed the water, and where Gail Ingalls hopes more will visit after this event.

“The Guana Preserve is amazing with all its wildlife,” Ingalls said. “It’s so serene. Many that live around here don’t even realize what we have. It’s special, so get out on the water. We have a launch right in our backyard. Tank will set you up!”

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Schilling

Continued from 29

One of the reasons why plan sponsors (employers) pick Fidelity is because their administrative fees — paid by the employer — are so low. If the investment selections they provide to you, the plan participant, are not broad enough to give you the latitude to select better choices, however, then you are potentially harmed from a return-over-time perspective. Fidelity isn't the only firm doing this.

Franklin Templeton, another large mutual fund firm, was recently ordered to pay restitution to their current and former employees for mismanaging their employee 401(k) plan by limiting investment choices principally to Franklin Templeton funds as well as charging excessive fees for such funds. Taking advantage of their own employees!

A second area of concern is the infamous target date retirement fund option found in many 401(k) plans. These funds are typically created and managed by the plan administrator (investment firm) and offered either as an alternative or, in some cases, as the only choices in the plan. As before, there are two concerns here. One is that these target date funds are often packed with proprietary mutual funds of the plan administrator, which may or may not be the best performers in their class of funds. Another concern is investment fees — who keeps an eye on the fund fees subtracted from participant account balances? Since the employer is not paying these mutual fund fees, they have little incentive to police them and they are not disclosed on any participant account statements, so the individual participant rarely knows the fees he/she are paying.

To be clear, I am not suggesting that you avoid participating in your employer's plan, just do so wisely. Make whatever contribution is needed to receive the full employer match — failing to do that is passing up free money. Next, consider funding a traditional or Roth IRA, assuming your income does not exceed the limits for such plans. Third, consider funding an after-tax investment account; you will pay the tax now, but the money comes to you in the future income tax free. Fourth, consider funding an indexed life insurance plan. Assuming proper and regular attention by a life insurance professional, these plans allow you to accumulate substantial amounts on a tax-deferred basis and, depending on how you withdraw the accumulations, could produce a tax-free income in retirement and a tax-free death benefit to the ones you love the most. Speak with a Certified Financial Fiduciary (CFF) about your individual circumstances and goals. A CFF has a legal, moral and ethical obligation to always act in your best interest.

Frederic "Ric" Schilling is a Florida native, born in Jacksonville, FL. Ric is President and founder of Senior Guardians of America, a local North Florida firm specializing in

tax reduction, long term illness planning, asset protection, probate avoidance and life income planning. Ric is a National Speaker and Advocate on Senior Issues and has been featured by the Florida Times Union and WJXT, TV-4 in Jacksonville as an authority on Estate Planning and Retirement Issues. Senior Guardians has an A+ rating with the

Better Business Bureau and is a member in excellent standing with the National Ethics Association. Ric Schilling is a Certified Financial Fiduciary (CFF). You may contact Ric at 904-371-3302 or 888-891-3381 Please visit: www.seniorguardian.com

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Local resident rocks KISS impersonation with authentic Peter Criss ensemble

Chris Heighton takes fandom to new level as Catman for Farewell Tour

By Amber Lake

There was a time in the not-so-recent past when the biggest band in the world captivated its audience in monochromatic makeup, leather pants and pyrotechnics. This band stomped to the center of the nation's attention in platforms that were bigger than their actual record sales. To the world, however, the music didn't matter. They weren't the Rolling Stones and they didn't want to be. Instead, they were Coca Cola, Ford Motor Company, Nike and McDonalds. They were KISS.

When KISS toured the U.S during the last half of the 1970s, they went state to state recruiting teenage boys until the nation's mothers pulled their hair out. Today, KISS doesn't have fans—they have an army. And as it stands, the KISS Army is almost as notorious as the band itself.

Ponte Vedra local Chris Heighton first saw KISS live when he was 17 in 1978. Today, as a proud member of the KISS Army, Heighton could be said to be “decorated.”

Heighton recently purchased a \$2,250 custom-made, not-including-makeup, all-leather, stud-bedazzled and precisely tailored stage costume of Catman, also known by most as KISS band member Peter Criss.

Heighton currently takes his impersonation to the next level, locally touring small venues and private parties for a two-of-a-kind performance of “Beth.” For those uninitiated, “Beth” is the warm glass of milk your grandmother hands you after you rocked and rolled all night (and partied every day).

Surprisingly, Heighton said that Catman is actually the crowd favorite for KISS fans.

“He seems to get more of the applause,” Heighton said, adding, “You know, every woman loves a drummer.”

Perhaps it's also Peter Criss' perceived “sensitive nature” that turns a more matured fan's head. The character does seem to evoke something special in not only the crowd, but in Heighton as well. Something more than 7-inch platforms can conjure.

On April 12, at the Veterans Memorial Arena Farewell Tour, Heighton actually got to attend a KISS concert, his first as a full-fledged Catman-man. This was something he had fantasized about since rocking at his first KISS show.

“It was my moment to shine and I had been waiting for this day for 42 ½ years,” he said. “It was a dream come true.”

Stepping out of the limousine, Heighton took his first wobbly steps as Peter Criss.

“I was immediately greeted by fans,” Heighton said. “I



Photo courtesy of Chris Heighton

Ponte Vedra residents Chris Heighton and partner Susan Winkler attend the KISS Farewell Tour at the Veterans Memorial Arena on April 12.

think (they thought I was Peter Criss) or close to it. From the time I got there to the time I got to my seat, I must have taken about a hundred pictures — and then some. Not just adults but children, too. It was amazing. ... They thanked me so much.”

One fan in particular Heighton remembers.

“This one girl, bless her heart, she came running up to me saying, ‘Peter Criss! Peter Criss! You’re my favorite, I love you!’”

Heighton said he politely explained he wasn't actually Criss, but she just didn't care. In her mind he WAS the Catman.

“My heart just melted,” he said.

It turns out, being a celebrity is as easy as having the right digs, and most importantly, owning it in a way that other fans can love. This way not only can Heighton be Peter Criss (if only for a moment), but other fans can feel like they met Peter Criss and was he actually a really nice guy. A real hero who stopped to take pictures with every one of them, listened, and truly enjoyed them.

Maybe the real Peter Criss is actually as nice as a kitten. Only, chances are, there are more fans than moments in the day and many will never have the opportunity to meet him. But, honestly, who is KISS anyway? Criss, whose nine lives can almost be attributed to how many times he's quit the band, was at one point replaced by Eric Singer (who played Catman since 2001). It's no secret to their fans or otherwise that the band operates fiscally above all else. What other band will sell you bizarre merchandise such as an “official” Gene Simmons demon tongue pacifier, a leather-clad Mr. Potato Head or, even, a flame-decaled casket? Does it matter? Probably not. Because in a world according to KISS, if it looks like it, sounds like it and acts like it — who really cares?

For anyone interested in booking Chris Heighton for impersonations and performances, email him at ChrisH0459@gmail.com. In addition to his work as Peter Criss, Heighton also covers Buddy Holly and Davey Jones of the Monkees. He also sells his handcrafted Tiki Totems.

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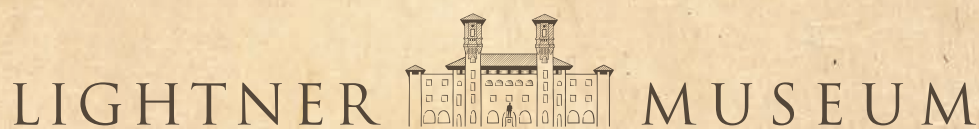
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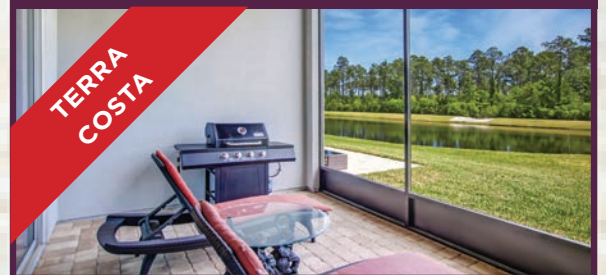
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Sports

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THURSDAY, MAY 16, 2019 · PAGE 36

www.PonteVedraRecorder.com

PVHS lacrosse wins first state championship

By Jon Blauvelt

The Ponte Vedra Sharks are the 2019 FHSAA boys lacrosse state champions after defeating St. Thomas Aquinas 19-7 on Saturday in Boca Raton.

Winning its first state championship in program history, Ponte Vedra scored in the first 15 seconds of the game and never looked back. Up 7-3 at half, the Sharks blew the lead open in the third quarter with nine goals.

“That third quarter is one of the best third quarters I’ve ever seen in high school lacrosse,” Ponte Vedra head coach Tom West said. “We could have beat a college team.”

Due to the Sharks’ dominance, the game clock was set to a running clock, which West said has never happened before in the state championship game.

Junior midfielder Dylan Hess, who

is committed to Georgetown, led the Sharks with five goals and four assists. Senior attack Patrick Dotsikas, a Merchant Marine Academy commit, scored three goals. Committed to play at Notre Dame, junior midfielder Carter Parlette finished with three goals and two assists. Senior attack Jack Dowd, a Furman commit, and sophomore midfielder Freddie DiMarzo each had two goals. Junior long-stick midfielder Tommy Zitiello led the team with seven groundballs and also had a goal.

Ponte Vedra defeated Jupiter 10-8 on Friday in Boca Raton to advance to the state championship. After jumping out to a 4-0 first-quarter lead and a 7-3 halftime lead, Jupiter mounted a comeback, coming within one goal of the Sharks twice in the second half. In



Photo courtesy of PVHS Athletics

The Ponte Vedra boys lacrosse team celebrates after defeating St. Thomas Aquinas 19-7 on Saturday in Boca Raton to win the state championship.

LACROSSE continues on Page 38

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Ponte Vedra softball falls to Ridgeview in regional semifinal

The Ponte Vedra softball team lost 4-2 to Ridgeview on Tuesday in what proved to be a suspenseful regional semifinal game.

With the game held at Ridgeview, the Panthers scored early with four base hits and three runs in the first. Ponte Vedra answered in the second with four on, as Bailey Wagoner walked, Tara McGee hit, Michelle Holder reached first on an error

and Olivia Zitiello bunted into a fielder's choice. But the Lady Sharks scored only one in the process.

Ridgeview (21-8) gained another run in the second on a double by Raven Little, driving in Hannah Foster. The fourth saw the middle of Ponte Vedra's lineup striking again, as Wagoner walked, Tara McGee advanced her with a grounder and Holder

pummeled a fly ball to left that drove Wagoner home.

McGee wielded a mighty club versus Brittany Michael, going two for three at the plate. Stranding two in scoring position in both the second and fourth innings, however, proved fateful, as PVHS' top and bottom of the lineup could not perform. Save for a lone hit by Scotty David in the fifth, there

were no additional chances to score.

Pitcher Michelle Holder and a solid defense held Ridgeview in the remaining four innings with five plays each by Wagoner at third, Catherine Beaton at second and Scotland David in center. The result was a 4-2 win that sends Ridgeview to the finals in regional play. Ponte Vedra finishes the season 14-13.

Lacrosse

Continued from 36

that game, Carter Parlette led the Sharks with three goals and two assists, while Dowd, Hess and sophomore midfielder Joe Taraboletti each scored two goals.

West said the Sharks didn't get to play some of their offensive players in the game versus Jupiter, which resulted in them being fresh against St. Thomas Aquinas. West believes that depth was a crucial factor in Ponte Vedra ultimately winning the championship. The Sharks' head coach also said the team had a good game plan for the final and that everyone believed in each other.

Ponte Vedra has reached the state championship final four seven times in the program's 10-year history. Just once did the Sharks reach the championship in 2016, when they matched up with St. Thomas Aquinas for a first time. Ponte Vedra lost that year 13-11. The win on Saturday, therefore, was redemption for the Sharks.

West said losing in the final four in 2018 with a young team also proved to be the difference in 2019.

"Everyone just was committed to being the best that we could and to really play Ponte Vedra lacrosse the way we wanted to play it," West said.

The Ponte Vedra coach also noted that the team hosted a Navy SEAL for a day

during the preseason, and his message also proved to make a significant difference.

"We just talked about how you fight for each other and when things don't go your way, you have to be successful and fight through it," West said. "That happened six or seven times this season, where we came back to that training. In the past, maybe we would have folded or not played our best. This year, whenever we came to a situation whether there's a roadblock, a rainstorm, or things aren't going our way or the refs aren't making calls, we just said 'good' and put a smile on our face and kept on playing. That was the difference this year."

Ponte Vedra (24-1) finishes the season atop the state rankings and is currently ranked No. 1 in the country, according to MaxPreps. Nine players on the team are committed to play lacrosse in the collegiate ranks, including junior attack Cam-

eron Welch (Mercer); junior attack Freddie Amato (Lehigh); senior attack Patrick Dotsikas (Merchant Marine Academy); senior attack Jack Dowd (Furman); junior midfielder Dylan Hess (Georgetown); junior midfielder Carter Parlette (Notre Dame); senior FOGO (Face Off Get Off) Jimmy Burns (University of Massachusetts Lowell); senior midfielder Matayo Trumble (Merchant Marine Academy); and senior defender Max Schalit (Notre Dame). According to West, a group of three additional juniors and sophomores are planning to make their respective commitments in the coming weeks.

With only six players graduating from the team, expectations for the Sharks will be high in 2020.

"We want to get our own for that class," West said. "We want to get another one. We want to play our best and play Ponte Vedra lacrosse. Every game. Which is very fun to watch."

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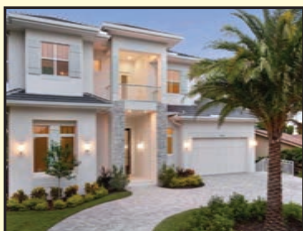
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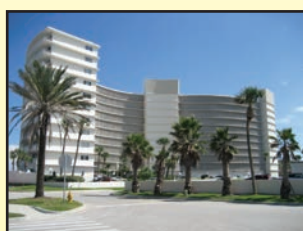
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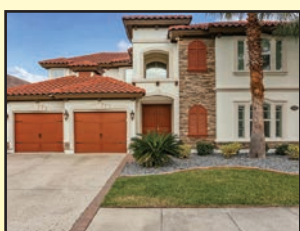
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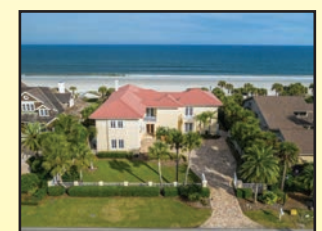
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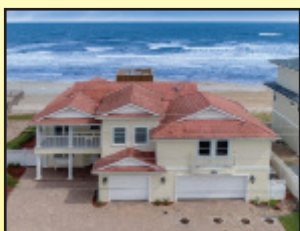
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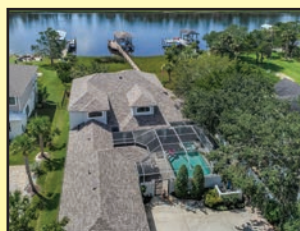
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