

Celebrating 50 years of the

PONTE VEDRA



Happy LABOR DAY

# Recorder

August 29, 2019  
Volume 47, No. 138  
75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com



## FOCUS ON FOOTBALL



Read more in our Football Preview, Pages 13-36

Ponte Vedra's Tommy Zitiello breaks up a pass intended for Nease's Joe Bradshaw during both teams' season opener last Friday at Ponte Vedra High School.

Photo by Chris Norton



**CHEERS TO 50 YEARS!**  
Help us celebrate  
Page 4



**Nocatee Happenings**  
Page 12  
Business Weekly  
Pages 37-41



### CAR OF THE WEEK

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## Send us your news

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

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### WHAT'S THIS?



**Do you know what this is?**

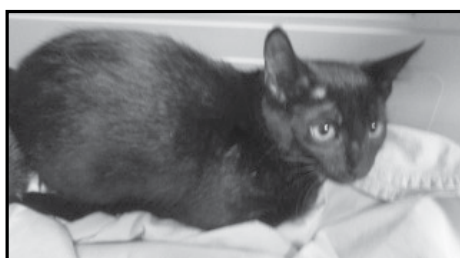
Email answer to [pvrecorder@opcfla.com](mailto:pvrecorder@opcfla.com) by Monday at 5 p.m.

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

No readers correctly identified last week's photo, so here's another chance.

**Note:** The Ponte Vedra Recorder office will be closed Monday, Sept. 2, in observance of Labor Day. The office will reopen Tuesday, Sept. 3.

### ADOPT A PET



#### CAT OF THE WEEK

Shirley came to the Pet Center as was an owner surrender. She is a 6-month-old female, spayed, domestic shorthair. This beautiful little girl is very lovable, mischievous and just wants to play and be loved on. Come see Shirley today at the Pet Center. #50559



#### DOG OF THE WEEK

Kip came to teh Pet Center as an owner surrender. He is a neutered 7-year-old catahoula/leopard mix. He is housetrained, good with other dogs and cats, loves to go for walks, and wants to love on his human. He would make a wonderful family addition and loyal companion. Come see Kip today at the Pet Center. #50820

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

### St. Johns County Pet Center

Cat adoptions are \$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

C	L	I	N	E	C	F	C	G	A	P	S	
R	E	D	O	X	L	A	O	P	I	N	U	P
O	V	E	R	T	A	B	A	I	R	O	N	Y
C	O	M	M	A	N	D	T	O	P	L	A	Y
	A	N	Y	F	I	V	E					
P	I	G	T	A	C	O	A	I	R	I	N	G
A	R	E	S	L	A	R	K	N	A	D	I	R
T	A	E	L	A	R	E	N	A	P	I	S	A
E	Q	U	A	L	E	M	I	R	T	O	E	S
L	I	P	P	E	D	A	T	O	M	T	I	S
			N	O	U	N	M	U	G			
B	E	T	T	E	R	D	A	R	L	I	N	G
R	A	D	I	I	B	R	O	A	U	R	A	E
A	N	G	E	L	A	U	G	L	E	A	R	N
P	E	E	R	N	E	E	S	Y	N	C	S	

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

Solutions correspond to last week's puzzles.

discover membership

JACKSONVILLE ZOO AND GARDENS

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**Design Oceanfront Oasis**

Design your dream home on this oceanfront estate. With over 230 ft. of ocean frontage, this lush property will inspire your inner visionary and designer. Whether you are looking to build your dream home or renovate, this 1.6-acre estate makes for the ideal place to call home.  
**4 bedrooms, 4.5 baths \$3,650,000**



**Oceanfront Retreat**

Located on a gated 1+ acre lot this spacious and bright home with expansive flowing spaces reflects the beauty of its spectacular natural backdrop. Positioned on a high and dry dune, with 27 ft of elevation and breathtaking oceanfront views.  
**5 bedrooms, 6 full / 2 half baths \$5,250,000**



**Intracoastal Waterfront Condo**

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



**Private Marsh Views**

Sophisticated single story home in Queen's Harbour Yacht and Country Club features a large half acre lot with beautiful private marsh views. Enjoy the beautiful Florida weather on the homes expansive covered patio with screened-in pool/spa and summer kitchen.  
**4 bedrooms, 3 baths \$730,000**



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 "From Cottages to Castles"



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# COLLECTION



**AUSTIN PARK @ NOCATEE**

138 Cornwall Dr., Ponte Vedra, FL  
**\$435,000 | MLS 1009753**  
 Kristin Doakes | 904.476.3721  
 KDoakes@WatsonRealtyCorp.com



**JAX GOLF & CC**

3975 Chicora Wood Pl., Jacksonville, FL  
**\$499,900 | MLS 1010777**  
 Michele Stewart | 904.707.5225  
 MStewart@WatsonRealtyCorp.com



**NEPTUNE BEACH TRIPLEX**

212 Oak St., Neptune Beach, FL  
**\$675,000 | MLS 1011389**  
 Diana Kelly | 904.859.4368  
 DianaKelly@WatsonRealtyCorp.com



**LIGHTHOUSE BEND**

2624 Lighthouse Bend Dr., Ponte Vedra Beach, FL  
**\$795,000 | MLS 1005783**  
 Murray Beard | 904.465.2784  
 MurrayBeard@WatsonRealtyCorp.com



**OLD PONTE VEDRA**

106 Sea Hammock Way, Ponte Vedra Beach, FL  
**\$879,500 | MLS 1008668**  
 Missy DeKay | 904.613.2445  
 MissyDeKay@WatsonRealtyCorp.com



**EAGLES COVE**

149 Diego Ln., Ponte Vedra Beach, FL  
**\$1,250,000 | MLS 1010929**  
 Nancy Herbkersman | 904.271.1933  
 NancyH@WatsonRealtyCorp.com



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# Cheers to 50 Years!

John Wayne, Glen Campbell and the Ponte Vedra Recorder

By Christine Rodenbaugh

The movie “True Grit” debuted in July 1969 starring John Wayne as whiskey-drinking, eye-patch wearing “Rooster” Cogburn recruited by a feisty teenager to find her father’s killer. Glen Campbell co-stars as Le Beouf as the three head deep into Indian territory to find the fugitive.

What’s your favorite movie from 1969? What were milestone events in your life in 1969? Were you born or married in ’69? Maybe you started a business or work for a company that opened its doors that year.

The Ponte Vedra Recorder first hit the streets in 1969 and your community paper wants to share its 50th celebration. Send us your stories and photographs sharing memories about 1969. How much was your rent or mortgage payment? What do you remember about Ponte Vedra, Palm Valley or the surrounding area? Did you really swim in the ditch?

Where did you go to school and what was it like? Send us your school pictures. Tell us about your favorite music, fashion, sports or recreation. Where did you hang out and why?

For lifetime residents, what has changed? What changes made living in the area better or worse? For newcomers, what made you call this home?

Send your photographs and memories to [chris@opcfla.com](mailto:chris@opcfla.com) with “Cheers to 50 years” in the subject line.



## OPINION

# Labor Day a time to celebrate booming economy



**Brandon Patty**  
Guest Columnist

As Labor Day approaches, millions of Americans will jump in their cars and hit the road for one last getaway before Summer 2019 comes to an end. And one of the bumper stickers you may see on the highway that always makes me laugh is the one that says, “The Labor Movement: the folks who brought you the weekend.”

Not quite.

While it’s true that 19th century labor unions campaigned for shorter working hours — specifically, an eight-hour workday when 12- and 14-hour days were the norm — most of these efforts accomplished little more than creating bitterness and enmity between workers and business owners. Some of these labor-led protests turned violent — so violent, in fact, that an 1886 Chicago protest left seven police officers and four workers dead. (The more things change....)

In reality, if you want to thank anyone for the modern two-day weekend as we know it, the credit goes to forward-thinking private business owners, who recognized the competitive value of offering their workers reasonable hours, safe working conditions and decent wages. While a New England mill worker is generally credited with being the first to give his workers Saturday and Sunday off — in order to allow Jewish workers to observe the Sabbath — it was none other than Henry Ford who instituted the policy on a widespread scale in 1926 — more than a decade before the federal government would begin instituting limits on work weeks. What’s more, Ford’s two-day weekend came 12 years after he doubled his factory workers’ daily wage to \$5 a day — a figure that was unheard of in 1914.

Why is this important to recall today? Because at a time when Democrats, progressives and the liberal media are calling for raising the minimum wage to \$15 an hour, it’s critical to remember that government regulation and artificial price and wage fixing have never fueled

the American success story. That honor goes to the free-market principles of capitalism championed by the Republican Party.

The track record on raising the minimum wage is clear. When government forces private business owners to raise wages to an arbitrary level not supported by supply and demand, business owners are invariably forced to either reduce workers’ hours or lay off people entirely — resulting in greater unemployment, not less. Even Socialist presidential candidate Bernie Sanders proved this lesson. When Sanders’ campaign workers pointed out that his \$15-an-hour rhetoric didn’t match what he was paying them, he announced he would indeed raise their wages to the inexplicably magical \$15 an hour. He then immediately reduced all their hours so as not to impact his campaign’s bottom line.

Despite this object lesson in the fallacy and ruin of Socialist economic policies, the Democratically controlled U.S. House of Representatives recently voted to more than double the federal minimum wage — again to \$15 an hour. (What is it about that number? Anyone?) Apparently, House Democrats were unmoved by the Congressional Budget Office report indicating that while raising the minimum wage to that level would lift 1.3 million people above the federal poverty level, it would also result in 1.3 million Americans losing their jobs. See how that works?

If Congress truly wants to help Americans escape poverty, it should look no further than our great state of Florida, where Republican policies of low taxation and responsible regulation have fueled economic growth. The proof is in the numbers: In July, Florida’s unemployment rate was just 3.3% (lower than the 3.7% national average); in St. Johns County, that figure was just 2.9%. What’s more, since 2010, the number of unemployed Floridians has dropped by 66%, from a high of more than 1 million to less than 350,000 today.

That’s a labor success story worth celebrating.

**Brandon Patty is chairman of the St. Johns County Republican Party.**

## BRIEFS

### St. Johns County Beach Renourishment Easement Workshop

St. Johns County is hosting a community workshop regarding easements within the Army Corps of Engineers beach renourishment project boundary from 5 to 8 p.m. Sept. 4 at the Guana Tolomato Matanzas Estuarine Research Reserve, 505 Guana River Road, Ponte Vedra Beach. County and Army Corps staff will be available to assist property owners and answer questions regarding the required easements. For more information, call (904) 209-0794 for more information.

### Ponte Vedra Democratic Club Meeting

The Ponte Vedra Democratic Club will hold its monthly meeting from 6:30 to 8 p.m. Wednesday, Sept. 11 at the Ponte Vedra Library, 101 Library Blvd. The featured speaker will be Toby Gialluca, co-founder of the International Lights for Liberty Movement and will address the refugee crisis on the southern border.

### Recreation Advisory Board Meeting

The Sept. 19 meeting has been rescheduled for Thursday, Sept. 12 at 3 p.m. in the BCC Executive Conference Room located in the County Administration Building, 500 San Sebastian View in St. Augustine. For more information, visit [www.sjcfcl.us/Recreation/AdvisoryBoard.aspx](http://www.sjcfcl.us/Recreation/AdvisoryBoard.aspx).

Compiled by Christine Rodenbaugh

## LETTER TO THE EDITOR

There were residents from all over the county in attendance at the Aug. 15 St. Johns County PZA meeting. Most were opposed to the proposed request regarding the Outpost property on Neck Road in Ponte Vedra Beach. Representatives from both sides were well informed and presented their points of view with the utmost respect.

It would have been easy to let emotions get the better of them when considering the matter at hand. The PZA voted 3-2 to move forward with the transmittal of the requested change to the state. I was not surprised by the decision. What did surprise me was the thought process by which the board members went about making their decision. It seemed that some lost sight of the applicant’s overall request.

The Outpost application is requesting a Comprehensive Plan Amendment to change the Future Land Use Map from Conservation (CV) to Residential A Coastal and CV. This is not the first time a request of this kind has come before the county. What is a first, is that this particular application involves a private parcel that is almost completely surrounded by a federally recognized research reserve and hunting preserve.

The GTMNERR being federally recognized carries a lot of weight with this application. The 101-acre parcel is designated conservation and of all the residents in

opposition, I do not believe anyone has an issue with the land being used in the manner in which it is currently. However, we do take issue with amending our county comp plan and land development code especially where designated conservation land is concerned.

See you at the Board of County Commissioners meeting Sept. 17.

**Victoria Corlazzoli**, Ponte Vedra Beach

## LETTERS POLICY

The Ponte Vedra Recorder welcomes letters to the editor for possible publication in the Opinion section. The guidelines for submitting letters follow:

- The maximum word count for a standard letter is 300 words.
- Letters from local residents about local issues will have the highest priority.
- Submissions with higher than recommended word counts will be edited or returned to the writer at the Recorder’s discretion.
- Letters that attack other writers will not be considered, but writers may mention other letters.
- Submissions will be verified when received, but verification does not guarantee publication.
- The Recorder will consider one letter per writer per month to encourage a diversity of viewpoints.
- Letters are published at the sole discretion of the Recorder. *Email letters to [chris@opcfla.com](mailto:chris@opcfla.com) and type “Letter to Editor” in the subject line.*

# Planning and Zoning passes vote favoring Outpost development

Residents in opposition turn out in large numbers to protest

By Amber Lake

The 41 voices speaking in opposition to the development of the Outpost fell on deaf ears at the Planning and Zoning Agency transmittal hearing held Aug. 15.

The agency voted 3-2 in favor of the Comprehensive Plan Amendment to change the Future Land Use map from conservation to residential, with PZA members Bill McCormick and Jeffrey Martin dissenting.

About 400 protesters showed up at Thursday's meeting, exceeding the room's maximum capacity. Many wore white shirts to show their solidarity against the development. Most spoke about traffic issues in the area, hurricane evacuation and environmental concerns which caused the day's agenda to exceed an hour of comments, ending with the final vote at 8:30 p.m.

The proposed development at the Outpost is a 66-home community called Vista Tranquila, which is located at the end of Neck Road and is approximately 100 acres adjacent the Guana Tolomato Matanzas National Estuarine Research Reserve.

Ellen Avery-Smith, an attorney representing The Ponte Vedra Corporation from Rogers Towers said they followed the agreement outlined in the recent settlement and was concerned they were being treated unfairly.

"We stand before you having done everything we said we would do," Avery-Smith said. "We filed the residential



Photo courtesy of St. Johns County

About 400 residents attended the PZA meeting to oppose development of the Outpost.

A application, we agreed to revisions to the PUD which resolved all outstanding staff comments on the PUD and we dismissed the litigation. And yet, we find ourselves in a process that seems predisposed toward an irrational result."

In a subsequent interview with Nicole Crosby, founder of Save Guana Now, Crosby stated that although the vote was against the favor of the organization, in her eyes it was still a victory.

"We really felt like it was a victory and I know that is a strange thing to say when you've lost the vote," Crosby said. "I was sad to see people walking out of the room with the glum faces. (But) it was so important for people to understand the vote count on that particular day wasn't

as important as the number of people that came... We would have loved to have the recommendation of the PZA but we were not surprised, we truly did anticipate it was going to go in that direction because the leanings of PZA members from past history and some of them have very direct developer interest."

Crosby said she expects the September 17 hearing with the Board of County Commissioners to host an even bigger turnout of opposition. While the PZA's recent decision makes a recommendation to the Board, September's hearing concludes the final transmittal hearing and, if passed, will go to state and then back to the County for final approval.

## Coalition meeting hosts talk about sea level rise

By Amber Lake

Beachfront property might become oceanfront property a lot sooner than originally predicted, according to retired UNF professor, Allen Tilley.

Tilley was the guest speaker at the Ponte Vedra Beaches Coalition meeting Aug. 26, which was hosted at the Ponte Vedra Beach Branch Library. The discussion addressed sea level rise in Florida and what residents can expect in the coming years according the latest research.

In addition to being recognized as a distinguished professor, Tilley is a member of Sustainable Jacksonville, the Sierra Club of North East Florida and the U.S. Green Building Council North East Florida's Regional Planning and Development team, where he helped explore sustainable community models. Tilley also served on the Sierra Club's national Climate Adaptation Task Force. He has been actively following the ef-

fects of global warming since the 1980s, although, these days his messages to the public always include the phrase, "get ready."

Sea level rise is the prediction that melting of land-based ice, such as glaciers and ice sheets as a result of global warming, will eventually cause most of the coastal United States to be submerged or threatened with an increase of storm surges. Florida is considered to be the most at-risk among the states by far, particularly in the southern region.

Although, according to Tilley, most estimates tend to err on the conservative side, some predictions look to be as devastating as a 16-foot sea level rise within this century.

In order to offset rapid rise, Tilley said the biggest solution was to switch to a "Planetary Health Diet," which greatly reduces the amount of meat an individual consumes.

"We've got to mitigate," Tilley said. "If you want to know the absolute best



Photo by Amber Lake

Author and retired UNF professor, Allen Tilley, spoke at the Aug. 26 Ponte Vedra Beach Coalition meeting.

thing for mitigation, it's to cut down on meat consumption. We will not be able to get a handle on emissions unless we change our diet."

## Commission overturns community marina zoning variance

By Amber Lake

During an Aug. 20 meeting, the St. Johns County Board of County Commissioners voted 5-0 to approve appeals to overturn a zoning variance for a community marina at 405 Roscoe Extension. The appeals were filed by residents in the vicinity of the proposed location after the Planning and Zoning Agency approved the zoning variance application on May 16 of this year.

The proposed marina site is east of the Intracoastal Waterway and south of the Palm Valley Bridge, near the boat ramp.

The surrounding property owners cited

*Mark Lowery, an entrepreneur who believes in giving back, is married with three children and enjoys the island life. Caribbean travel led to his latest endeavor to bring a smooth, refined tequila to the U.S.*

## Mark Lowery

### What can you share about your background?

I grew up in Tampa and graduated from the University of Florida with a B.S. in Mechanical Engineering. I moved from Gainesville to Jacksonville for three years before moving to Boston. In Boston, I was responsible for installing the Ice Rink for the new Boston Garden where the Boston Bruins play — now called TD Garden.

I moved back here in 2003 and have been here ever since. My wife also attended the University of Florida and we will be celebrating our 24th wedding anniversary in November. I have two daughters in college, and a son who just started high school.

### Were you always interested in engineering?

I was always better in math and hated reading, so I wanted to do something that would be physically measurable. I started work as a mechanical engineer and got my professional engineers license. However, I wanted to do more than just design, so I attended UNF night school in the MBA program, but I left for Boston before getting my degree.

I finally got my MBA at Georgia State University in Atlanta while working as an engineer. This helped me understand operations and business management and allow me to look at advancement into other fields. Ultimately, I became a manager and owner in my first engineering and contracting business.

This allowed me to blend the technical and the operations side and set my future path.

### What was your first job ever?

Mowing lawns for \$2 each (using my own lawn mower and gas) in Myrtle Beach AFB, South Carolina. My next job was selling newspaper subscriptions door to door at night — out of a van with three other kids.

### What drives your continued engagement in philanthropy?

I have always believed that we have a duty to give back. No one does it alone and everyone needs help at one time or another. We believe in providing necessary resources to organizations that support those facing life's challenges in our community. There is no better reward than knowing someone really appreciates the help you give.

### Tell us about the tequila venture.

I love the beach and visiting the Caribbean. While visiting, we noticed that only beer or rum is featured. My friends and I thought that if we could bring a good tequila to the islands, it might provide an opportunity. We went to Tequila, Mexico to sample recipes, decided on the smoothest tequila possible and started importing. We designed a bottle, top and packaging unique to our brand and started marketing it stateside, first importing it to Jacksonville Beach, Florida.

Our Anejo and Reposado varieties are being bottled right now and will arrive in Jacksonville Beach shortly. Presently, the brand is in more than 100 locations statewide and growing. People can order from most states and we've started to import to California.

### What does the name mean and how did you decide on it?

Vida de Louie Tequila or "life of Louie" is like living



the carefree life you always wanted — relaxing on the beach or sailing through warm, crystal clear waters. Think of Louie as a pirate from Mexico with tequila instead of rum as a drink of choice. Also, we do not capitalize vida de Louie as we prefer to be informal!

### What sets it apart from other tequilas?

It is extremely smooth and easy to drink. There are oranges in our logo, as we ask that you drink it with an orange, instead of a lime, to enhance the flavor. It's real tequila with an island vibe.

### What is your recipe for success?

Never say know the first time, always be open to new experiences and live life with no regrets.

### What do you like best about living in Ponte Vedra?

Living at the beach where the weather is nice means people are happier and willing to help each other. I have met some great people.

### What do you like to do in your spare time?

I enjoy going to the beach, concerts or live music, snow skiing and seeing the Gators and the Jaguars play. Mostly, I enjoy spending time with my wife and kids and doing just about anything they want. We enjoy traveling to the Caribbean and anyplace where there is clear blue water and sandy beaches.

### What is one thing even close friends might be surprised to learn about you?

I am extremely proud of my parents. They were from two sides of the Earth. My mother is from Italy and married my father while he was serving in the Air Force. She learned English from watching soap operas and never graduated high school. My father is from Rock Hill, South Carolina. He joined the Air Force and served 21 years. He's a Vietnam War Veteran. He was the only one of his siblings to go to college — earned both a bachelor's and master's degree.

*Edited by Christine Rodenbaugh*

# OPE CONVERTS LIBRARY INTO CONTEMPORARY MEDIA CENTER

Renovations were busily underway as the Ocean Palms PTO moved forward with an \$80,000 renovation to update its library over the summer. Parents and staff boxed books and crew set to work to install new tables, chairs, flooring and paint. All that work paid off on Thursday, Aug. 22 for its big reveal. The concept is very forward thinking with the furniture being easily mobile for various configurations. The new STEAM lab inside the media center encourages coding skills, robotics and creative thinking in a collaborative and innovative learning environment. Dr. Winkler (right, with Mrs. O'Hara) especially wanted to thank the PTO for such a generous donation.

Photo courtesy of Ocean Palms Elementary



## LABOR DAY CLOSINGS

Monday, Sept. 2 in observance of Labor Day

- The Cultural Center at Ponte Vedra Beach will be closed.

- The Council on Aging's River House in St. Augustine will be closed.

- Most St. Johns County Government offices will be closed, but some schedules may vary. To verify individual departments, call (904) 209-0655.

## OBITUARIES

### Nancy Schneider Grinstead

Nancy Schneider Grinstead, 75, of Ponte Vedra Beach, died August 22, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Alice Pauline Schilpp

Alice Pauline Schilpp, 92, of Jacksonville Beach, died August 24, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.

### Calvin A. Veas

Calvin A. Veas, 87, died August 21, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – [www.pontevedra-valley.com](http://www.pontevedra-valley.com)

## Kids learn to code at PV Library

Kids Computer Coding Classes begin Aug. 31 at the Ponte Vedra Beach Branch Library. There will be a class for fifth graders and younger with no computer experience, and another for fifth through eighth graders with some computer or coding experience.

Classes last eight weeks and cost \$140 per student. Students are required to bring their own laptop or tablet. All fees are used to hire teachers, reach the underserved population and to acquire equipment for the classes. There is a 10% discount for Friends of the Library members.

To register, visit [5cacademy.org/registration-form](http://5cacademy.org/registration-form).

## Newcomers invites new members

The Newcomers of the Beaches invites prospective new members to attend the next luncheon from 11 a.m. to 1 p.m. Sept. 11 at Marsh Landing Country Club, 25655 Marsh Landing Parkway in Ponte Vedra Beach. The group meets each second Wednesday.

The social club consists of a fun and diverse group of women who have recently moved to the beaches, have gone through a major life event or are just looking to make new friends and participate in interesting activities. For more information or to make a luncheon reservation, visit [www.newcomersofthebeaches.com](http://www.newcomersofthebeaches.com).

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On Aug. 20, Congressman John Rutherford, right, presented the Silver Congressional Award Medal to Lauren Eavenson from St. Augustine. Eavenson had received the Gold Medal during a trip to Washington, D.C., earlier this year.

## St. Augustine student earns Congressional Award Medals

Recently, Congressman John Rutherford presented the Gold and Silver Congressional Award Medals to Lauren Eavenson from St. Augustine. The program is open to young persons between the ages of 14 and 24. Eavenson partnered with Janet Koehler, a local GTM volunteer and retired 4-H Club leader to track and record her personal initiatives and commitment to her community.

“Lauren’s dedication to achieving goals and serving her community make her an exceptional student and admirable young person,” Rutherford said. “As she heads off to college, I know her experience in the Congressional Award program positions her to achieve even greater successes, and I look forward to following her future accomplishments.”

Established in 1979, the Congressional Award is the highest honor Congress bestows upon a youth civilian. In order to receive the award, these young Americans must demonstrate a commitment to voluntary public service, personal development, physical fitness and exploration.

Eavenson helped raise awareness about local environmental issues and donated research toward conservation efforts surrounding them for her Voluntary Public Service. Eavenson worked with the Guana Tolomato Matanzas National Estuarine

Research Reserve and the St. Johns County 4-H Marine Science Club on research projects, and she organized public outreach programs.

For her personal development, Eavenson became a certified catechist in her diocese and taught as a head catechist in an advanced religious education class. She prepared for this role by attending lectures, serving as an assistant catechist and volunteering as a sacramental preparation peer minister.

In her pursuit of her initial physical fitness goals, Eavenson began swimming year-round and participated in strength building classes. Unable to continue swimming because of health reasons, Eavenson began physical therapy and Pilates classes to improve balance and joint control.

Finally, for her expedition, Eavenson planned a five-day, four-night canoe camping trip for her and her father on the Suwanee River.

Earlier this summer, Eavenson traveled to Washington, D.C., to accept the Gold Medal from Congressman Rutherford in a national ceremony with Gold Medalists from around the country. Now, she is headed to Benedictine College in Atchison, Kansas. For information about the program, visit [www.congressionalaward.org](http://www.congressionalaward.org).

## Beach Ball lights up TPC Sawgrass Clubhouse

By Daniela Toporek

Drinks were poured and money was raised during the 2019 BEAM Beach Ball at the TPC Sawgrass Clubhouse Saturday evening, Aug. 24.

The clubhouse, decorated in bright florals and balloons, matched the colorful, Pucci-themed event, where guests dressed to impress in Pucci-inspired attire and lingered through the rooms. Silent auction prizes lined up upstairs, the side rooms were filled with heavy hors d’oeuvres and beverages and the dimly-lit main area featured live music, more silent auction prizes and event speakers, BEAM Executive Director, Lori Richards, and BEAM recipient, Daisy Roberts, with the crowd anticipating the live auctions.

Funds raised at the event go straight to BEAM programs, according to BEAM Executive Director, Lori Richards.

“It goes to our Emergency Rent

and Utility programs and all of our food assistance works,” Richards said. “Also to our program, ‘Paths to Wellness,’ for people with chronic diseases that need nutrition counseling; and a single-parent project that teaches financial education. We’re also about to embark on a more intensive case management support for seniors.”

“They do so much for the people here at the beaches,” said guest, Andres Heeley, who advocates for BEAM and attended alongside guest, Laura Blunt.

“It’s a really righteous party,” she said. “They’ve got a great band. The drinks and food are good. There’s lots of energy, no one’s sitting around, it’s a fun event.”

Once the music stopped, guests gathered their things and were treated with a to-go box of Mini Bar donuts to send them on their way. What was a successful party filled with prizes and dancing was also a night of giving back to a large local cause.



**ABOVE:** With money raised going back towards BEAM, guests battle it out at the live auctions for a chance to take a trip abroad.

**LEFT:** Ball guests Kelly Vallard (left) and Sue Stacey, get groovy after the live auctions at the BEAM of Light Beach Ball.

Photos by Daniela Toporek



# Friends of the GTM Reserve announces Oceanwise



Photo courtesy of Heather Blackwell, Geek Chic Photography

## Sept. 28 fundraiser to continue celebration of GTM 20th anniversary

The Friends of the GTM Reserve recently announced tickets are available for the ninth annual Oceanwise fundraiser to support the GTM Research Reserve and its 20th anniversary celebration. The event is scheduled from 6 to 10 p.m. Saturday, Sept. 28, at the GTM Research Reserve Visitor Center in Ponte Vedra Beach.

“On August 19, 1999, GTM Research Reserve was designated the 24th National Estuarine Research Reserve,” said Ellen Leroy-Reed, executive director of Friends of the GTM Reserve. “As the citizen organization that supports the Reserve’s education, research and stewardship programs, we are excited about

celebrating this historic occasion as part of this year’s fundraiser!”

This signature event features local fine restaurants serving sustainable seafood and other locally-sourced dishes, a silent auction, estuary games, entertainment and a breathtaking view of the sun setting over the Guana River. Guests will be treated to fine wine and beer sponsored by Bold City Brewery.

Tickets are \$65 per person for early registration. After August 31, tickets are \$75 per person. Tickets can be reserved online. To sponsor Oceanwise, email Ellen Leroy-Reed at [GTM\\_Friends@gtmnerr.org](mailto:GTM_Friends@gtmnerr.org). For more information, call (904) 823-4527.

## Above-average rainfall in most areas, but drier along the coast

Data collected by the St. Johns River Water Management District shows July 2019 rainfall was above average in most areas of north and central Florida, but some coastal areas, particularly in the southern portion of the district, were drier.

A full report outlining hydrological conditions was presented at the district’s August Governing Board meeting.

In the north, Duval, St. Johns and Putnam counties received 6 to 7 inches of rainfall in July. Coastal counties of Flagler and Volusia counties recorded 5.4 inches and 7 inches, respectively.

Indian River and Brevard counties recorded 5 to 6 inches of rainfall during July. For the 12-month average, Indian River County has a cumulative total of less than 35 inches, while Brevard and Osceola counties have under 42 inches. While conditions are drier than normal, the good news is that the southern end of the district has available water storage if the hurricane season becomes active.

On the northwesterly side of the dis-

trict, portions of Baker County recorded more than 10 inches and Marion County recorded nearly 9 inches of rainfall during July.

In central Florida, Seminole County received 8.5 inches, while Lake County received 8 inches, and Orange County tallied nearly 7 inches.

Other highlights include:

- Upper Floridan aquifer conditions (groundwater levels) were in the normal to high range across most of the district, other than a small area of southeast Duval and northeast St. Johns counties with groundwater levels in the low range.

- Surface water flows in north and central Florida were in the high to very high range, mirroring rainfall.

- Surface water stations in the Upper St. Johns River Basin showed improvement, with the Melbourne station reporting in the average range for the first time since March.

- Lake levels across the district increased slightly.

To learn more about rainfall totals, visit [sjrwm.com](http://sjrwm.com).

an adverse effect to their properties.

Currently, the property north of the Palm Valley Bridge and boat ramp, at 373 South Roscoe Road, has applied for a Major Modification to reinstate an expired PUD that was originally for a “true” marina. The second marina would offer dry storage, retail store, dock master’s storage and restaurant components. The additional aspects of a true marina differ it from a community marina, which is considered less intrusive.

## Marina

Continued from 5

undue hardship, saying the property was not suitable for a marina. Appeals referenced a 2002 Water Dependent Uses and Marine Study which concluded the property was located within an Aquatic Preserve and shellfish harvesting area. In addition, the appellants introduced concerns to the board including safety issues, overcrowding and

## Coalition

Continued from 5

On a local level, cities are just starting to listen to what both environmentalists and scientists have been saying.

In fact, the very day of Tilley’s Coalition presentation, Jacksonville announced the mandated sea level task force wrapped up its work, approving proposals for a list of recommendations that will go before the City Council in an effort to have the city reduce its contributions to climate change, according to WJCT.

Regardless of plans to alleviate impact, Tilley said eventually the final decisions will come down to relocating and re-evaluating the areas we live.

“As we think about this stuff coming, I recommend us thinking in terms of community,” Tilley said. “What will get us through this is community. It may be that you have friends or family in areas that are going to be more secure and you can join a community there.... Or we can decide

that we can build our own community. We’re going to have a sustainable community and we are going to take this as an opportunity to develop a place that we want to live. A place that is storm safe and produces a lot of its own power and food.”

“We are not all going to fit in Asheville, North Carolina,” he said.

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# Ponte Vedra Auto Show rolls into town

The St. Johns County Chamber of Commerce will host the 17th annual Ponte Vedra Auto Show presented by Fields Auto Group from 9 a.m. to 3 p.m. Sunday, Sept. 15, at the Nocatee Event Field.

Three special anniversaries and one Memorial trophy will be showcased at this year's show. One of them is 50th Anniversary of the Porsche Mid-engine honoring the anniversary of the 914. There will be opportunities to sign up for a Porsche test drive.

The variety of vehicles at the show is vast. For the muscle car enthusiast, a 1969 Ford Mustang recently registered for the show. It's a bright red ragtop with white interior. For the classic history buff, there will be a 1942 Chrysler Royal Business Coupe that was built just three days after Pearl Harbor. Those are just two examples of the caliber of vehicles that will be on display.

Since the venue is located in a "golf cart community," the Auto Show presents the inaugural "Spirit of Nocatee" Golf Cart Award. Golf carts decked out in "Spirit of Nocatee" fashion will vie for the top spot.

For the first time the Ponte Vedra Auto Show has added a Car Corral where registrants can show off a ride or offer a vehicle for sale. Car shows and Concours are great places to look for a classic or muscle car. The Corral will provide the opportunity to speak with a prospective buyer in detail, a buying experience is much more desirable than shopping for a car from pictures online. The Corral is sponsored by J7 Motorsports and organizers anticipate spaces to sell out quickly.

The auto show, which is open to the public and free to spectators, will feature up to 180 classic and new collector cars all vying for the 30 trophies. Spray Park parking will be open for guest parking this year.

For more information or to register a car or golf cart, visit [pvautoshow.com](http://pvautoshow.com) or call (904) 285-2004. Look for the official Ponte Vedra Auto Show guide in the Sept. 12 edition of the Ponte Vedra Recorder.



**ABOVE:** The Ponte Vedra Auto Show presented by Fields Auto Group is scheduled for Sunday, Sept. 15 at the Nocatee Event Field with free admission and parking for spectators.

**LEFT:** Car enthusiasts walk among the entries at the 2017 Ponte Vedra Auto Show.

Ponte Vedra Recorder/File

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# Possibilities soar at Angelwood Gala

By Christine Rodenbaugh

Angelwood Gala attendees filled the ballroom at the Sawgrass Marriott in Ponte Vedra Beach Aug. 24 to support the nonprofit and learn about “Soaring Possibilities,” the 2019 theme chosen to emphasize how people who are served by Angelwood have realized success.

After checking in, guests mingled in the atrium sampling cocktails and perusing long tables of silent auction items while listening Simply Strings, a quartet of local high school students. Some posed for photos in front of the more formal backdrop of white angel wings against an ivy-covered wall while others hammed it up with fun props at the photo booth.

Florida State Senator Aaron Bean donned wingtip two-tone oxford black and white spectator dress shoes to serve as auctioneer for the popular live auction. The Jaguars vs. Saints luxury suite package set an Angelwood live auction record. Another popular item was lunch in Washington, D.C. with Congressman John Rutherford, who attended the event to support the cause.

Angelwood provides support to more than 300 children, adults, seniors and families living with intellectual and developmental differences. The nonprofit offers residential group homes, supported employment, adult day training programs and seasonal day camps.

For more information, visit [www.angelwoodjax.org](http://www.angelwoodjax.org).



**ABOVE:** Event co-chair Robin Wahby welcomed guests to the Angelwood Gala: Soaring Possibilities on Aug. 24 at Sawgrass Marriott in Ponte Vedra Beach. Wahby is also president of the Angelwood Board of Directors.



**LEFT:** Congressman John Rutherford, left, congratulates David Smith who won the live auction bid to attend a lunch in the Members’ Dining Room at the U.S. Capitol. Photos by Christine Rodenbaugh



Photos by Amber Lake

**The Lahtinen family with their child Savannah, who is a cancer survivor, are pictured with Savannah’s physician, Dr. Howard Katzenstein, Division Chief of Hematology/Oncology.**

# Evening of Promise gala benefits Nemours Children’s Hospital

By Amber Lake

The seventh annual Evening of Promise benefit gala was hosted Aug. 23 at the historic Ponte Vedra Inn & Club. Funds raised from the event went to support Nemours Center for Cancer and Blood Disorders.

“The event was a tremendous opportunity to highlight the work of our multi-state Nemours Center for Cancer and Blood Disorders, which includes our Jacksonville, Orlando and Wilmington, Delaware campuses,” said Dr. Larry Moss, Nemours president and CEO. “Nemours is proud to be one of only two children’s cancer programs in the country selected and funded by the National Cancer Institute to bring cancer clinical trials and care delivery studies to people in their own communities.”

The gala featured cocktails, music and diverse cuisine. More than 300 people attended the event and raised \$200,000 to benefit the pediatric cancer program. In attendance were a few children cancer survivors, thanks to care received at Nemours.

“They will always be our inspiration,” Dr. Moss said.



Guests enjoyed the live music and drinks at the event.



Small tapas were available all evening.



Guests enjoyed the photobooth at the event.



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# Nocatee Landing Paddle Launch opens

St. Johns County Parks and Recreation Department recently announced Nocatee Landing and Nocatee Landing Paddle Launch are now open to the public. Nocatee Landing features an open-air pavilion with views of the river, bike racks, ample parking and solar-powered public restrooms as well as a non-motorized water vehicle launch for canoes, kayaks and stand-up paddle boards with access to the Intracoastal Waterway. Swimming is not allowed, and a temporary sign cautioned visitors that the area is subject to tidal changes and strong currents.

Residents and visitors are invited to use the brand-new St. Johns County greenspace from dawn to dusk for fishing, photography, exercise, walking dogs, picnicking and other activities. Smoking, skateboarding, and feeding wildlife are prohibited.

“St. Johns County Parks and Recreation is excited to open the new Nocatee Landing access in Nocatee Preserve,” said Doug Bataille, director of St. Johns County Parks and Recreation Department. “This includes 1,630 acres of protected land along the Tolomato River, which provides access to an unparalleled section of the river and will increase access for outdoor enthusiasts from all over the county.”

The site is located at 2015 Nocatee Landing Trail at the base of the southern



Nocatee Landing and Nocatee Landing Paddle Launch are now open to the public from dawn to dusk.

trailhead of Nocatee’s Preserve, adjacent to the Tolomato River, in Ponte Vedra. From Nocatee Parkway, head south on Crosswater Parkway about 3 miles to a roundabout. Take the eastern exit of the roundabout onto Nocatee Landing Trail. The road is paved for about 0.7 miles, then continues as a gravel road for another 1.2 miles to the Landing.

For more information, call Doug Bataille, St. Johns County Parks and Recreation Director, at (904) 209-0324.



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**ABOVE:** The new greenspace is located at 2015 Nocatee Landing Trail adjacent to the Tolomato River in Ponte Vedra.

**LEFT:** The site includes solar powered bathrooms and bike racks.

**BELOW:** Families can walk the shoreline, fish or launch non-motorized watercraft.

Photos by Susan Griffin

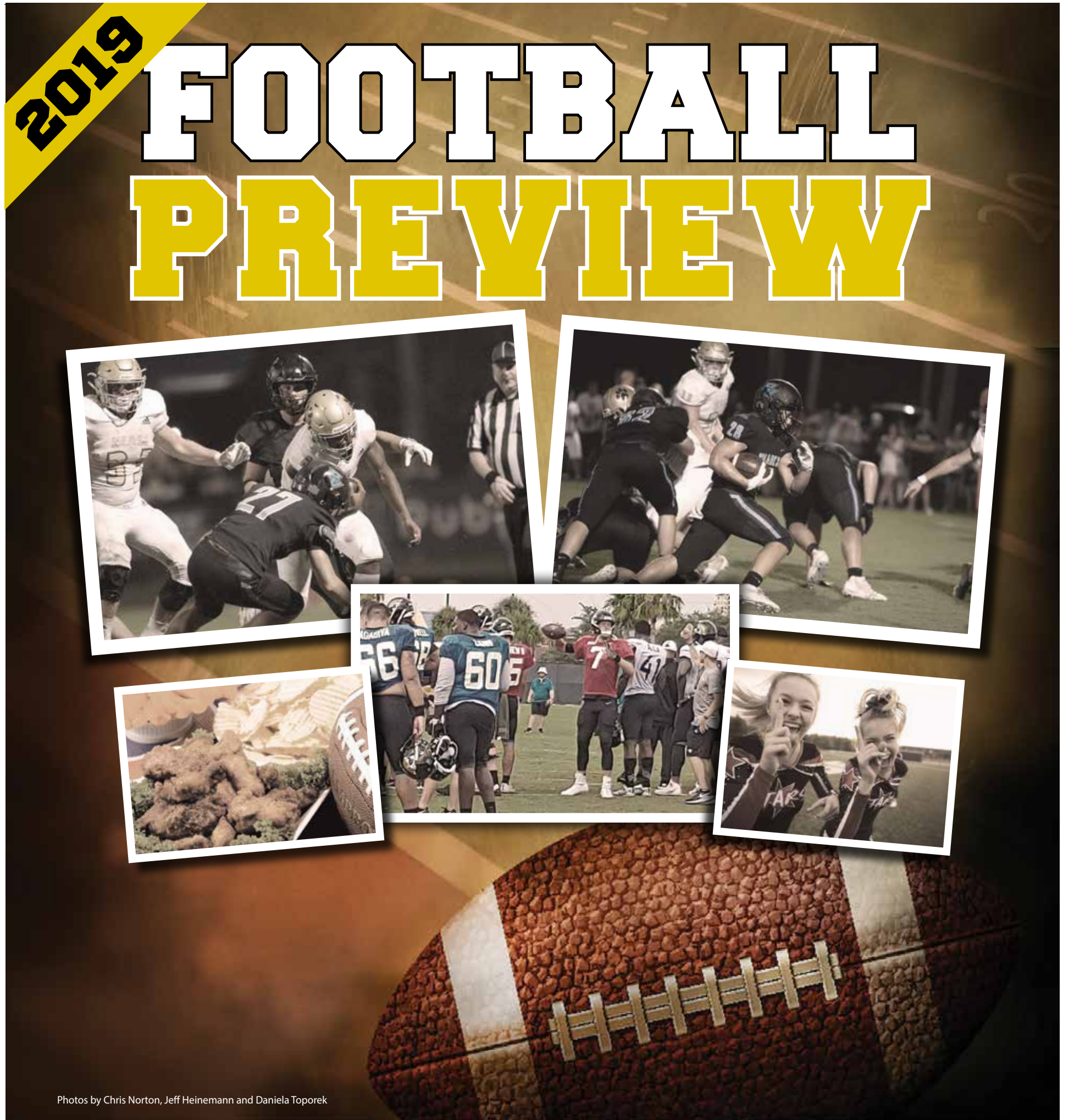


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Photos by Chris Norton, Jeff Heinemann and Daniela Toporek

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Recorder

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Photo by Chris Norton

# New season, new coaches for PVHS, Nease

## Sharks open season with win, but lose starting QB to injury

By Paris Moulden

New Ponte Vedra High School football coach Jeff DiSandro had some highs and lows in his first game with the Sharks, beating rival Nease in the Battle of the Bridge, and losing his starting quarterback for the season.

The Sharks defeated Nease 21-14 last Friday in the season opener for both teams, but it wasn't without hurdles. Junior quarterback Cobi Myers ruptured his Achilles tendon during the game and will miss the rest of the season. With Myers out, wide receiver RJ Glod came

in to relieve and helped PVHS secure its 10th consecutive win in the series. DiSandro said he was pleased with how Glod responded after Myers' injury.

"RJ did a great job last Friday night and we will continue to work with him and put him in positions to be successful," DiSandro said.

DiSandro, who was previously the offensive coordinator at Bishop Kenny, said the game against Nease showed him a lot about his team.

"We learned a lot about the heart,

**SHARKS** continues on Page 16



Photo by Chris Norton

PVHS coach Jeff DiSandro checks the scoreboard during the game against Nease last Friday.

## Panthers preparing for future with fresh talent, renewed focus

By Paris Moulden

The Nease High football team may be going through some growing pains, but what they may lack in experience, they make up for in grit.

The Panthers lost their season opener, 21-14, to rival Ponte Vedra last Friday, but new Nease coach Collin Drafts got to see what his team is made of when the going gets tough.

"As far as the team is concerned, I learned that we fought hard," Drafts said. "We started off slow, got down 10-0, but we battled back and took the lead and held

the lead until late in the fourth quarter. We definitely have fight in us, which is what you want in a football team."

Drafts, who came to Nease in April from AC Flora High School in Columbia, South Carolina, is taking over for Tim Krause, who left after five seasons to take the head coaching job at Bishop Kenny. The shortened offseason presented some issues, though.

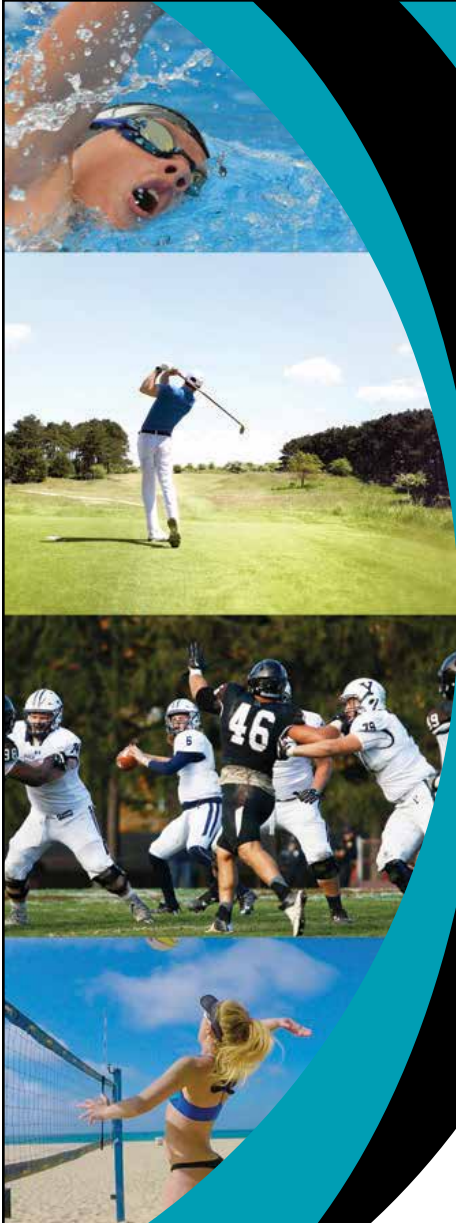
"I got here in late April, and spring ball was rushed, but I felt like we did a good job as a staff, and the players, in

**PANTHERS** continues on Page 17



Photo by Jon Blauvelt

Collin Drafts coaches the Panthers during spring football practice on April 25.



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Photo by Jeff Heinemann/The Image Caddy

Sharks quarterback RJ Glod throws a pass during last Friday's game against Nease. Glod replaced Cobi Myers, who injured his Achilles and will be out for the season.



Photos by Chris Norton

Ponte Vedra receiver Keaton Thomas tries to reel in a pass against Nease.

## Sharks

Continued from 14

character and passion of our football team this year," DiSandro said. "They displayed great character under stress, and we were able to finish and close the game with a win."

DiSandro took over the PVHS program in April, after Matt Toblin left to take the head coaching job at Bolles. In Toblin's five-year tenure at Ponte Vedra, the Sharks went 39-18, including an 8-3 record last season and a runner-up finish in the Class 5A state championship in 2016. The new PVHS coach hopes to add to that success, and to teach the team how to respond when success is elusive.

"Like everybody else, we focus heavily on the fundamentals of the game and our installs

and packages and such," he said. "Additionally, since I took this position, I know I have focused a lot on response to adversity and change especially when things don't go our way. We also focus on the brotherhood and unity portion of football quite a bit."

As far as the rest of the season, DiSandro doesn't want to look too far ahead.

"Goals are just to go one at a time," he said. "We focus on going 1 and 0 each week and trying to be in the moment as much as possible."

In the meantime, DiSandro sees a lot of promise for his first season at PVHS.

"I am pleased with how the team has come together," DiSandro said. "We have strong leadership this season and a positive team culture."

The Sharks next play at Zephyrhills at 7:30 p.m. on Friday, Aug. 30.



PVHS' Jackson Clark leaves the field at halftime with the Sharks fans showing their spirit by lighting up the night with their phones.





Photo by Chris Norton

Nease quarterback Joseph Nieves prepares to throw a pass during last Friday's game against Ponte Vedra.

## Panthers

Continued from 14

getting prepared for the spring game,” Drafts said. “There are so many things you have to get in, and to implement your mentality and the way you operate your football program, you really need an entire offseason. There was a time crunch obviously, but we had a good spring, had a good summer and we’re just trying to keep hammering home what the most important things are, exactly what we’re looking for, laying out our expectations and holding these guys accountable to meet those expectations every day.”

In the process of meeting expectations and reshaping the team culture, Drafts is trying to get his players to see each other as more than teammates.

“One of our core values is really just becoming a family,” he said. “It just means being selfless, it just means doing all the little things everybody has to do to make sure that our team can be successful. In this day and age, it’s so easy to get caught up in the me, me, me, and worry about stats and accolades and scholarships, and all the other things that come along with playing high school football, but we’re really

just trying to get the guys to buy into the team mentality, and they’ve done an unbelievable job of that.”

Drafts knows it will take time to build exactly what he wants, because while the team has the tenacity, it is also dealing with a lack of experience in some key positions.

“We do have a good core of seniors, but we’re playing a lot of young guys,” Drafts said. “[There are] a lot of guys who didn’t get a lot of [playing time last year or played JV last year. I think we’re starting close to seven or eight sophomores right now. It’s good for the future, but it’s tough right now, and you’ve got to take your lumps.”

Experience will come as the season progresses, Drafts said, but, for now, the team isn’t looking ahead, but just focusing on the things it can control.

“Our biggest mission is just to be the best that we can be, day after day, and that’s through selfless commitment to our family and team, and to take it one day at a time,” Drafts said. “And when we get the kids to understand the true meaning of that, then eventually winning will become a byproduct of that.”

The Panthers next play another rivalry game at 7 p.m. Friday, at home against Creekside.



Photo by Jeff Heinemann/The Image Caddy

A Nease runner tries to avoid a tackle by the Ponte Vedra defense last Friday.



Photo by Chris Norton

Nease's Grant Stevens (88) celebrates his touchdown with teammate Donovan Wilson in last Friday's game against PVHS.

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## PONTE VEDRA SHARKS

### 2019 Regular Season Schedule

DATE	TIME	OPPONENT/LOCATION
Aug 23	(W) 21-14	Nease
Aug 30	7:30 PM	at Zephyrhills
Sept 6	7:00 PM	Buchholz
Sept 13	7:00 PM	at Palatka
Sept 20	7:00 PM	at Menendez
Sept 27	7:00 PM	at Matanzas
Oct 4	7:00 PM	Bartram Trail
Oct 11	7:00 PM	Englewood
Oct 25	7:00 PM	St. Augustine
Nov 1	7:00 PM	at Creekside

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## NEASE PANTHERS

### 2019 Regular Season Schedule

DATE	TIME	OPPONENT/LOCATION
Aug 23	(I) 21-14	at Ponte Vedra
Aug 30	7:00 PM	Creekside
Sept 6	7:00 PM	University
Sept 13	7:00 PM	Sandalwood
Sept 20	7:00 PM	at Yulee
Sept 27	7:00 PM	at Mandarin
Oct 11	7:00 PM	at Bartram Trail
Oct 18	7:00 PM	St. Augustine (HC)
Oct 25	7:00 PM	Oakleaf
Nov 1	6:00 PM	at Atlantic Coast



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# Tips on throwing a ... **WINNING TAILGATE**



## GAME DAY

Local football foodie Elizabeth Feustel shares advice on preparing the ultimate tailgate fare



Photos by Daniela Toporek

Elizabeth Feustel and fiancé, Steve Krajewski, celebrate the Jags at the Jacksonville Jaguars Teal Street Hooligans tailgate off of Duval St. and Bryan St.

**By Amber Lake**

Fall belongs to football and every fan looks forward to personalizing the tailgating experience. For most, the food takes the center stage to the set up.

This season, try forgoing the traditional chili, hotdog and burger staples and take a chance to really impress fellow fans with something memorable. Local tailgating chef hobbyist, Elizabeth Feustel shares some of her football foodie tips and favorite recipes to really kick up the next pre-game party.

**See page 21**



### NO. 1: KEEP IT SIMPLE

“For most events, you have the luxury of access to whatever you need, whereas the goal for tailgating is to be as simple and minimal as possible,” Feustel said. “For tailgating my go-to recipes are those that can be partially or completely prepped the night before the game. This way all I have to do game day morning is heat something or throw a few ingredients together.”

### NO. 2: KEEP IT CLEAN

“I try my best to select recipes that do not take up much cooler space,” said Feustel. “Also, think about clean-up and disposal — if you are tailgating all day and staying for an entire game, you don’t want dirty dishes lingering in your car.”

### NO 3: KEEP IT INSPIRED

“I have to admit this is my area of expertise because I really enjoy taking an existing dish and making it my own,” Feustel said. “Always evaluate the various spices and seasonings you could add to enhance the flavors of your dish. For example, chili doesn’t just have to be ground beef and beans; use chicken and vegetables to make enchilada chili.... I would also be lying if I didn’t acknowledge Pinterest as a resource — other people (can help make you to be) creative and make things super easy.”

### NO. 4: KEEP IT VERSATILE

“My tailgate group arrives to the stadium by 7:45 a.m. most game days and the game doesn’t start until 1 p.m., so I try to choose recipes that can work for breakfast, brunch or lunch,” Feustel said. “Also, we live in Florida and most of our games are in sweltering temperatures, so I don’t want to have to worry about my snacks sitting out and going bad.”

## Simple Pancake Muffins

### Ingredients

½ pound breakfast sausage links (more if desired)  
1½ cups cold milk  
4 tablespoons white vinegar  
2 cups all-purpose flour  
4 tablespoons granulated sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
2 eggs  
4 tablespoons butter, melted  
1 teaspoon vanilla  
Maple syrup



### Directions

Preheat oven to 400 degrees Fahrenheit.  
Cook sausage links according to package instructions.  
While sausage cooks, combine milk with vinegar and allow it to sit for 5 minutes.  
Finish cooking sausage and set aside to cool.  
In a large bowl, whisk together flour, sugar, baking powder, baking soda and salt.  
Add eggs, milk mixture, vanilla and melted butter to dry mixture and stir to combine.  
Stir in cooked breakfast sausage pieces.  
Prepare muffin tins with cooking spray or line with paper liners.  
Fill each muffin cup 2/3 of the way full.  
Bake 15-16 minutes, or until done.  
Serve with maple syrup.

“These are super easy to make the night before a tailgate, as they store well in Ziploc bags overnight. Just make sure you let them cool completely before storing. Pro tip: Heat for 30 seconds in the microwave before you head out for a fresh pancake warmth.

For your vegetarian friends you can easily substitute the sausage for blueberries or chocolate chips.

You can use small disposable plastic cups for maple syrup. Throw them in a Ziploc and place in your cooler until ready to serve with your muffins.

Gallon-sized Ziplock are permitted inside TIAA bank field, so save the leftovers and bring them to the game with you.”

## Philly Cheesesteak Sliders

### Ingredients

1 pound roast beef (recommend freshly shaved/sliced)  
2 tablespoons olive oil  
9 slices of provolone cheese  
1 large bell pepper - chopped  
½ cup chopped onion  
4 tablespoons butter, divided in half  
2 tablespoons mayonnaise  
1 dozen dinner rolls (sweet Hawaiian works great)  
2 tablespoons sesame seeds



### Directions

Preheat oven to 350 degrees Fahrenheit.  
In a small bowl, combine 2 tablespoons of melted butter with sesame seeds, set aside.  
In medium skillet over medium heat, melt remaining butter. Add chopped vegetables and sauté until tender and slightly golden. Set aside in bowl and wipe skillet clean.  
Add olive oil and roast beef to pan and cook until heated through and slightly grilled.  
Carefully cut dinner rolls in half, being careful to keep them together, creating a top and bottom.  
Place bottom of rolls into 9x13 baking pan. Spread mayonnaise over bottom of rolls. Layer with roast beef, vegetables and cheese on top. Place in oven for 5 - 7 minutes or until cheese is melted, then remove from oven.

“When tailgating, be sure to cook your meat and veggies the night before so that you can quickly assemble the sandwich in the morning.

Bake your sandwiches in a disposable pan that comes with a lid. This makes transportation and clean-up super easy.

If you are waiting a bit to serve, you can reheat your sandwiches by placing your pan on the grill (indirect heat) for a few minutes.

You can use small disposable plastic cups for condiments like extra mayonnaise or mustard. Throw them in a Ziploc and place in your cooler until ready to serve.

Make sure to double the recipe for groups of 10 or more — these go fast!

Replace top half of rolls and brush with sesame seed butter. Return to oven for 5 additional minutes or until rolls appear toasted.

Remove from oven and slice into individual sandwiches.”

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DATE	TIME	OPPONENT/LOCATION
Aug 23	(VV) 34-14	at Bishop Kenny High School
Aug 30	6:00 PM	Sandalwood
Sept 6	6:00 PM	at Parker
Sept 13	7:00 PM	at Fleming Island
Sept 20	7:00 PM	at Flagler Palm Coast
Sept 27	6:00 PM	Atlantic Coast
Oct 11	7:30 PM	at Buchholz
Oct 18	6:00 PM	Creekside
Oct 25	6:00 PM	First Coast
Oct 31	6:00 PM	at Mandarin

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# Tips to avoid head injuries during sports play

The average high school football player experiences 592 head impacts in one season, says the CDC.

Participation in scholastic sports can be great for students, making a positive impact on their school careers both on the field and in the classroom. Sports can keep athletes physically fit, help develop confidence and assist students with making friends. However, as with all physical activities, safety must be made a priority by athletes, their parents and their coaches.

Brainline, an organization offering information about brain injuries and post-traumatic stress disorder, or PTSD, estimates that as many as 3.8 million concussions occur during competitive sports and recreational activities each year in the United States. Experts suggest that around 50 percent of concussions may go unreported. Although sports injuries rarely lead to fatalities, the American Association of Neurological Surgeons says the leading cause of death from sports-related injuries is traumatic brain injuries among children and adolescents.

A traumatic brain injury, or TBI, is a blow or jolt to the head or a penetrating head injury that disrupts normal function of the brain, offers AANS. A concussion is a type of TBI in which the head and brain move back and forth from a blow, bump or jump. The Centers for Disease Control and Prevention says that children and teens make up 70 percent of all sports-related concussions treated in emergency rooms. Concussions can occur in any sports, but are prevalent in cycling, football, hockey, rugby, soccer, and basketball, according to data published in 2013 in the *Clinical Journal of Sport Medicine*. Concussions



Photo courtesy of metrocreativeconnection.com

**The average high school football player experiences 592 head impacts in one season, says the CDC.**

also can occur in the sport of cheerleading, which has changed dramatically in the last 20 years as participants perform increasingly difficult acrobatic stunts.

Preventing traumatic brain injuries involves diligence on the part of parents, student athletes and coaches.

The AANS says helmets reduce the risk of head injury by at least 45 percent and brain injury by 33 percent. Wearing safety gear while participating in sports is essential.

- Sports teams can focus on safety through hard work and dedication rather than a “win at all costs” mentality that may entice players to take risks that lead to injury.

- Rules should be enforced, especially those for fair play and safety. Striking other athletes in the head or using their head or helmet to contact another athlete, or other illegal contacts, should result in reprimands.

- Students should recognize their skill

sets and not try dangerous moves that can put their health at risk.

- Athletes can consult with coaches to learn maneuvers and strategies that can reduce risk for injury, such as safe tackling techniques and using spotters when strength training.

Should a head injury occur, athletes should not return to play until they have been evaluated and cleared by a health professional. It is better to be out one game than risk permanent injury.

# Homecoming: A high school football tradition

Like prom and graduation, homecoming is another highly anticipated event at many schools.

Students may think that their proms and graduation ceremonies mark the last time they will spend time together on campus. But there will likely be many more opportunities for students to proudly wear their school colors and cheer for their alma maters.

Homecoming parades, dances and sporting events offer opportunities for recent grads to return to the hallowed halls of their schools. The origins of homecoming celebrations may be traced to a 1911 football game at the University of Missouri. However, Baylor University and the University of Illinois also take credit for homecoming traditions.

Typically homecoming is the start of a spirit week designed to boost the morale of students and athletes alike. Homecoming also may signal the first game home after teams have been on the road. Homecoming celebrations are often built



Photo by Chris Norton

around football games, but basketball and hockey also have shared the homecoming spotlight.

Homecoming enables current and

former students to celebrate and display their pride for their schools. Celebrations may include parades, rallies, speeches, and dances. Homecoming festivities also may

serve to have alumni mingle and network with others who have sat in the same classrooms and played on the same fields.

Some schools elect homecoming courts, which include homecoming kings and queens, as well as accompanying princes and princesses. Students who are elected to the court are usually heavily involved in school activities. The court may participate in a parade that includes floats and music from the school’s marching band.

Homecoming dances tend to be a culmination of homecoming festivities at the end of the spirit week. Students are welcome to attend, and alumni from past years often show up as well. The dance may include a banquet, in which particular students are recognized for their efforts. Alumni may be asked to deliver speeches or hand out awards.

Homecoming is celebrated across much of North America, among both high school and college students. It is a special time to rekindle relationships with one’s school and show off pride in one’s alma mater.

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DATE	TIME	OPPONENT/LOCATION
Aug 31	7:00 PM	Boise State
Sept 7	5:00 PM	ULM
Sept 14	7:30 PM	at Virginia
Sept 21	TBD	Louisville
Sept 29	TBD	North Carolina State
Oct 12	TBD	at Clemson
Oct 19	TBD	at Wake Forest
Oct 26	TBD	Syracuse
Nov 2	TBD	Miami
Nov 9	TBD	at Boston College
Nov 16	TBD	Alabama State
Nov 30	TBD	at Florida

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**GEORGIA BULLDOGS**  
 2019 Regular Season Schedule

DATE	TIME	OPPONENT/LOCATION	DATE	TIME	OPPONENT/LOCATION	DATE	TIME	OPPONENT/LOCATION
Aug 31	7:30 PM	at Vanderbilt	Oct 5	TBA	at Tennessee	Nov 9	TBA	Missouri
Sept 7	4:00 PM	Murray State	Oct 12	TBA	South Carolina	Nov 16	TBA	at Auburn
Sept 14	12:00 PM	Arkansas State	Oct 19	TBA	Kentucky	Nov 23	TBA	Texas A&M
Sept 21	8:00 PM	Notre Dame	Nov 2	3:30 PM	Florida	Nov 30	TBA	at Georgia Tech
Sept 28	TBA	North Carolina State						

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**FLORIDA GATORS**

2019 Regular Season Schedule

DATE	TIME	OPPONENT/LOCATION
Aug 24	(W) 24-20	Miami
Sept 7	7:30 PM	UT Martin
Sept 14	7:00 PM	at Kentucky
Sept 21	TBA	Tennessee
Sept 28	TBA	Towson
Oct 5	TBA	Auburn (HC)
Oct 12	TBA	at LSU
Oct 19	TBA	at South Carolina
Nov 2	3:30 PM	Georgia
Nov 9	TBA	Vanderbilt
Nov 16	TBA	at Missouri
Nov 30	TBA	Florida State

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# A look at the Jaguars All-25: TOP 5

Jacksonville has been an NFL city for a quarter century, and the fans seem to get louder and more dedicated each year. DUUUVAL!!!

To honor franchise history that began in 1994, the Jacksonville Jaguars launched Jaguars All-25, a recognition of the top 25 non-active players. The Recorder has published the countdown each week since Aug. 1 saving the top five Jacksonville Jaguar players of the Jags All-25 for this week's 2019 Football Preview. Way to move those chains!

## 5 QB MARK BRUNELL

The one and only Mark Brunell started 117 out of 120 games played with the Jacksonville Jaguars. Previously playing for the Green Bay Packers, Brunell was the first player to be acquired by the Jags in a trade and joined the team April 22, 1995. Brunell completed 2,184 passes for 25,698 yards, 144 TDs and was voted to the AFC Pro Bowl three times, winning the 1997 game's MVP. He led the Jags to eight post-season games, four playoff games and two AFC Championship games, earning his place as the fifth member inducted into the Pride of the Jaguars.

"I want to thank Tom Coughlin and all of my coaches in the early years," Brunell said. "I want to thank the fans for their continued support and I want to thank my teammates. It was a privilege to take the field with you every week. What an honor it is to be selected to the Jaguars All-25."



## 4 RB MAURICE JONES-DREW

A Jaguars second-round pick from 2006, Maurice Jones-Drew, holds the franchise record for most receptions (335) and receiving TDs (11) by a running back. He made it to the Pro Bowl three times from 2009-2011 and is the only player in Jags history with at least 1,300 rushing yards in three consecutive seasons.

"It was an honor to play for the Jaguars and I enjoyed my time in Jacksonville," Jones-Drew said. "Especially beating Pittsburgh twice in 2007 – in Pittsburgh – and going to the playoffs; that was amazing. I appreciate everything, you guys, and go Jaguars. DUUUVAL!"



## 3 WR JIMMY SMITH

Smith played for the Jacksonville Jaguars for 11 years after being signed on Feb. 18, 1995. Smith is an "all-time leader in receptions" (862), according to the Jaguars official page, leading the team with 67 receiving TDs and 12,287 receiving yards, 23rd in NFL history. In 2016, Smith was inducted to the Pride of the Jaguars, making him the most recent member to join.

"There was a three-year span when Jimmy Smith was good as anyone who ever played the game, Florida Times-Union writer and All-25 voter, Pete Prisco said. "And that's including Jerry Rice."

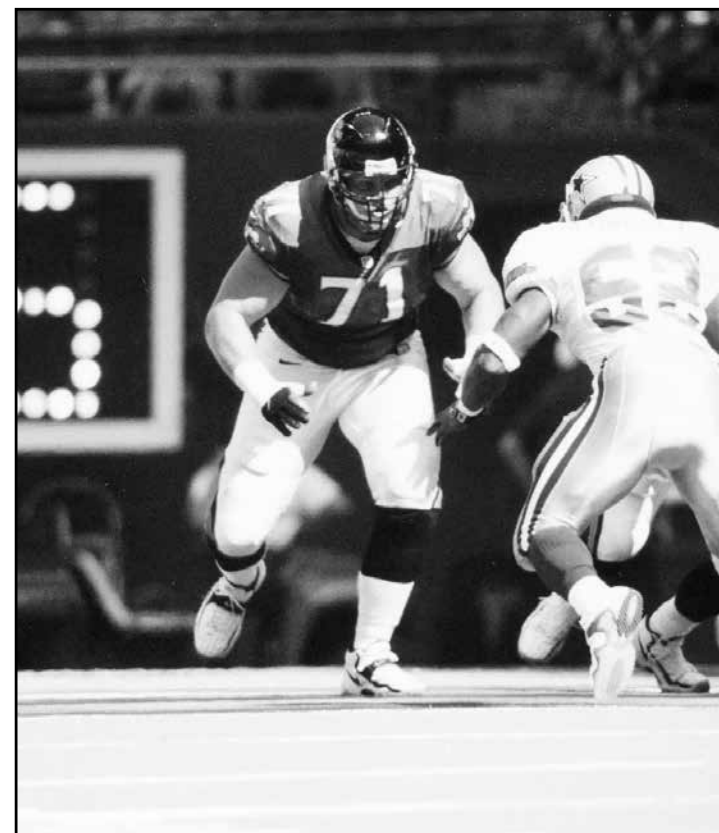
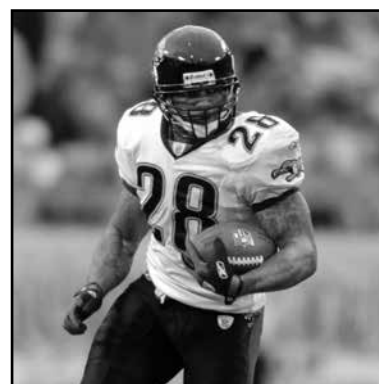


## 2 RB FRED TAYLOR

Selected ninth overall by the Jags in the 1998 NFL Draft, RB Fred Taylor, started 136 out of 140 games and broke the rookie record with 102 points that year. He played for the Jaguars for 11 seasons, set the single-season touchdown record with 17 TDs and was a "career-rushing leader," totaling 11,271 yards.

"I want to give a big shout out to all the Jacksonville Jaguars fans around the world," Taylor said. "I salute you."

Taylor also thanked everyone for naming him part of the All-25. "It's a privilege and an honor to be alongside 24 other men who laid it all on the line each and every Sunday," he added. "So as always, DUUUVAL! Go Jacksonville! Go Jaguars!"



## 1 LT TONY BOSELLI

The first Jaguar player inducted into the Pride of the Jaguars and the first Jaguar player selected EVER in the 1995 NFL draft (second overall), Tony Boselli is a five-time Pro Bowl contender (1996-2000) and a three-time All-Pro selection (1997-99). Boselli only allowed 15.5 sacks in his seven seasons as left tackle and is named to the NFL's All-Decade team of the 1990s.

"When I was picked by the Jaguars in 1995, I could not have imagined what a big part of my life this franchise and the city of Jacksonville would become," Boselli said. "I want to thank the entire Jaguars organization, the amazing Jaguars fans and the all the media that covered my entire career."

Boselli lives in Ponte Vedra with his wife, Angi, and is currently a Jaguars radio analyst on 1010XL. They also founded the Boselli foundation in 1995, which works with at-risk youth and helps them gain self-esteem to succeed in all aspects of life.

"For him to not only live up to his draft status, but live beyond the draft status; to be a generational left tackle to be as good as he was; when he gets in the Hall of Fame, and he will get in the Hall of Fame, it will be the most remarkable story along those lines maybe in NFL history," John Oehser, Jaguars.com senior writer and All-25 voter, said. "Not only did he become the face of the franchise while he was playing, he remains an icon in Jacksonville."

"It's great to be a Jaguar!" Boselli cheered.

Compiled by Daniela Toporek • Photos courtesy of the Jacksonville Jaguars

For the full list of players and more information, visit [www.jaguars.com/all25](http://www.jaguars.com/all25).



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2019 Regular Season Schedule

DATE	TIME	OPPONENT/LOCATION
Aug 8	(L) 0-29	at Baltimore Ravens
Aug 15	(L) 10-24	Philadelphia Eagles
Aug 22	(L) 7-22	at Miami Dolphins
Aug 29	7:00 PM	Atlanta Falcons
Sept 8	1:00 PM	Kansas City Chiefs
Sept 15	1:00 PM	at Houston Texans
Sept 19	8:20 PM	Tennessee Titans
Sept 29	4:25 AM	at Denver Broncos
Oct 6	1:00 PM	at Carolina Panthers
Oct 13	1:00 PM	New Orleans Saints
Oct 20	1:00 PM	at Cincinnati Bengals
Oct 27	1:00 PM	New York Jets
Nov 3	9:30 PM	Houston Texans
Nov 17	1:00 PM	at Indianapolis Colts
Nov 24	4:05 PM	at Tennessee Titans
Dec 1	1:00 PM	Tampa Bay Buccaneers
Dec 8	4:05 PM	Los Angeles Chargers
Dec 15	4:05 PM	at Oakland Raiders
Dec 22	1:00 PM	at Atlanta Falcons
Dec 29	1:00 PM	Indianapolis Colts

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Thursday, Aug. 29	Friday, Aug. 30	Saturday, Aug. 31	Sunday, Sept. 1
<p><b>MOTH presents Makerspace Movies: 'The Clean Bin Project'</b> Movies On The House (MOTH) screens films that help contribute to the important cultural discussions around the art, artists, and ideas of our time. This summer, the Museum of Contemporary Art Jacksonville teams up with the Jacksonville Public Library to offer MOTH presents Makerspace Movies. Join for an evening of inspiring film and engaging discussion from 7 to 9 p.m., Aug. 29. This event's feature film is "The Clean Bin Project." When couple, Jen and Grant, put themselves to the test to produce as little garbage as possible in a calendar year, they find themselves in a competition that takes humorous aim at the culture of throwing everything away. All screenings are free and open to the public. The MOCA Jacksonville is located at 333 N. Laura St. in Jacksonville.</p> <p><b>Jacksonville Jaguars vs. Atlanta Falcons at TIAA Bank Field</b> Watch the Jacksonville Jaguars go up against the 2016 season Super Bowl contenders, the Atlanta Falcons. The game starts at 7 p.m., Aug. 29 at TIAA Bank Field. For tickets, visit <a href="http://www.jaguars.com/tickets">www.jaguars.com/tickets</a>. TIAA Bank Field is located at 1 TIAA Bank Field Drive in Jacksonville.</p> <p><b>Concerts in the Plaza</b> Grab a blanket, chair, friends and family and head downtown to the Plaza de la Constitución for the final show of the season of Concerts in the Plaza. The final band is folk, bluegrass, jugband, Lonesome Bert &amp; The Skinny Lizards. The concert starts at 7 p.m., Aug. 29. Arrive early to get a good spot. Don't forget some dancing shoes. Picnics are welcome. Alcoholic beverages are prohibited. The Plaza de la Constitución is located at 170 Saint George St. in St. Augustine.</p> <p><b>The Ponte Vedra Concert Hall presents JOHNNYSWIM</b> Husband and wife duo, Abner Ramirez and Amanda Sudano, better known as JOHNNYSWIM, will be performing at the Ponte Vedra Concert Hall at 8 p.m., Aug. 29. Gates open at 7 p.m. For tickets or more information, visit <a href="http://www.pvconcerthall.com">www.pvconcerthall.com</a>. The Ponte Vedra Concert Hall is located at 1050 A1A N. in Ponte Vedra Beach.</p>	<p><b>'Alexandra Nechita: Reimagined' exhibition preview</b> "The Alexandra Nechita: Reimagined" exhibition will be on display at Gallery 725 in its United States debut. The collection of new works will be available for acquisition at Jacksonville's premier gallery. The limited engagement exhibition will open in previews from 6 to 8 p.m., Aug. 30. Nechita's work has been displayed in exhibitions in Romania, Italy, France, England, Singapore, Japan and New Zealand. Her art sits in permanent collections of museums including the Vatican Collection in Rome. Her work is also in the private collections of celebrities including Oprah Winfrey, Calvin Klein, Whoopi Goldberg and David Letterman. Gallery 725 is located at 1250 Beach Blvd. in Jacksonville Beach.</p> <p><b>Spanish Tapas at JAX Cooking Studio</b> Enjoy crafting flavorful Spanish tapas with Chef Spencer as she shares tips and tricks to easily prepare small plates and appetizers that are as artfully presented as they are delicious. Enjoy complimentary sangria and wine throughout the evening. The event is from 6:30 to 9 p.m., Aug. 30, and costs \$65 to attend. To register or for more information, visit <a href="http://www.JAXCookingStudio.com">www.JAXCookingStudio.com</a>. JAX Cooking Studio is located at 14035 Beach Blvd. in Jacksonville.</p> <p><b>Walk-in deli interviews at Publix at Sawgrass</b> Working in the deli means getting behind-the-scenes access to Publix's famous chicken tenders and "pub subs." Publix at Sawgrass Village is looking for new team members for its deli department and are doing walk-in interviews on Fridays from 1 to 4 p.m. Apply online at <a href="http://bit.ly/2Z3Dlpx">http://bit.ly/2Z3Dlpx</a> and stop by for an interview. Visit <a href="http://www.publix.jobs">www.publix.jobs</a> for more information. Publix at Sawgrass Village is located at 220 Front Street, in Ponte Vedra Beach.</p> <p><b>Food Truck Friday at Nocatee</b> The Nocatee Welcome Center will host "Food Truck Fridays" from 6 to 9 p.m., with a variety of food trucks and cuisines from all over the Jacksonville area. The Nocatee Welcome Center is located at 245 Nocatee Center Way in Ponte Vedra.</p>	<p><b>Beaches Museum gallery tour: Annelies Dykgraaf</b> The Beaches Museum will host a gallery tour of the art exhibit, "Water. Life. Art.," by artist, Annelies Dykgraaf, at 11 a.m., Aug. 24. The tour will be an intimate opportunity to immerse in Dykgraaf's work as the artist herself discusses her technique and inspiration. Dykgraaf's acrylic paintings and relief prints are inspired by the connections of the people, symbols, textile patterns and mythological motifs of her birth land of Nigeria, West Africa and her homeland of Jacksonville, Florida. The event is free to museum members, with a suggested \$5 donation from nonmembers. For more information, call (904) 241-5657 or visit <a href="http://www.beachmuseum.org">www.beachmuseum.org</a>. The Beaches Museum is located at 381 Beach Blvd. in Jacksonville Beach.</p> <p><b>Saturday mobile pet clinic</b> Hosted by Jax Community Pet Clinics' Jax Beach location, the mobile clinic is staffed with a Jacksonville Community Pet Clinics veterinarian, vet tech, clinic manager and administrative staff members. The mobile clinic provides free brief physical exams, low-cost vaccinations and access to affordable prescription medications. Pet owners may consult the veterinarian about their pets' ears, skin, lumps, changes in behavior or other concerns. If a pet requires more extensive care, the veterinarian can call and send pets and pet owners to one of Jacksonville Community Pet Clinics' brick and mortar locations. For the Aug. 31 mobile clinic schedule and locations, visit <a href="http://www.mycommunitypetclinic.com/mobile-clinic">www.mycommunitypetclinic.com/mobile-clinic</a>.</p> <p><b>Jax Family &amp; Friends Beach Fest</b> Visit the Seawalk Pavilion at noon, Aug. 31, for the Jacksonville Family &amp; Friends Beach Fest &amp; Expo. Enjoy food trucks, vendors and live music, as the families and friends bond and participate in family-friendly competitions. There will also be a Kids Zone, bounce houses, face painting and more. There will also be vendors sharing information on after-school programs for kids. The first 250 kids to attend get free school supplies. Tickets are available for purchase at <a href="http://www.EventBrite.com">www.EventBrite.com</a>. For more information, call (866) 479-8927. The Seawalk Pavilion is located at 75 First St. N. in Jacksonville Beach.</p>	<p><b>Bold City beer and music festival</b> From noon to 10 p.m., Sept. 1, at the Artist Square under the Fuller Warren Bridge, the Bold City Beer Festival will offer over 40 kinds of local and regional craft beers, as well as a variety of food trucks, vendors and makers. Enjoy the first beer festival of its kind in one of Jacksonville's oldest neighborhoods. Unique to other festivals, sampling will be open to the public and available all day while guests enjoy live music from headliners like The Fritz, Zach Deputy and more. General admission is free, but VIP passes are also available for \$50 at <a href="http://www.EventBrite.com">www.EventBrite.com</a>. Artist Square is located at 715 Riverside Ave. in Jacksonville.</p> <p><b>Sundays at Surfer the Bar</b> On Sundays, join Big Fish Power Yoga for a free Music &amp; 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 <a href="http://bigfishpoweryoga.com">bigfishpoweryoga.com</a>. Surfer the Bar is located at 200 First St. in Jacksonville Beach.</p> <p><b>Teacher Appreciation Day at the Spanish Military Hospital Museum</b> To thank teachers for their hard work and support, the Spanish Military Hospital Museum is rewarding them with "teacher appreciation days" through Sept. 30. Teachers will receive free admission to the museum with their school IDs. The museum is open daily 9 a.m. to 5 p.m. For information, call the museum at (904) 342-7730. The Spanish Military Hospital Museum is located at 3 Aviles St. in St. Augustine.</p> <p><b>Jaguars-themed brunch at Vernon's</b> Vernon's Kitchen and Bar is hosting its Sunday brunch with the Jacksonville Jaguars from 10 a.m. to 2 p.m., Sept. 1. Join the Vernon's staff as they hang out with the ROAR of the Jaguars and famous mascot, Jaxon de Ville. There will be football activities for kids in the children's area and multiple game-themed options on the menu, such as "Field Goal Frittata" and "Sticky Fingers French Toast." Visit <a href="http://www.OpenTable.com">www.OpenTable.com</a> to make reservations. Vernon's Restaurant is located within Sawgrass Marriott at 1000 PGA Tour Blvd. in Ponte Vedra Beach.</p>

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Monday, Sept. 2	Tuesday, Sept. 3	Wednesday, Sept. 4	Thursday, Sept. 5
<p><b>RunJax Labor Day 5K</b> Get a healthy start to Labor Day with a 5K or 1-mile fun run at the Baymeadows 1st Place Sports store on Sept. 2 and help celebrate its 41st anniversary. Participants will receive a custom-designed finisher medal and technical shirt. Packets will be available starting Friday, Aug. 30 through Saturday, Aug. 31, at selected 1st Place Sports locations. The event will take place from 7:30 to 10:30 a.m., but those running are encouraged to get there early. Race instructions will be emailed out the week of the race to registered participants. For more information, visit <a href="http://www.1stplacesports.com">www.1stplacesports.com</a> or call (904) 731-3676. 1st Place Sports is located at 3931 Baymeadows Road in Jacksonville.</p> <p><b>Labor day pet adoption special</b> The Jacksonville Humane Society will be offering free pet adoptions Monday, Sept. 2, for Labor Day. Those wanting to adopt can visit the Jacksonville Humane Society during office hours from 10 a.m. to 4 p.m. For more information, call the JHS at (904) 725-8766 or visit <a href="http://www.jaxhumane.org">www.jaxhumane.org</a>. The Jacksonville Humane Society is located at 8464 Beach Blvd. in Jacksonville.</p> <p><b>Mario Kart Mondays at Brix Taphouse</b> Get fast and furious at the Brix Taphouse's Mario Kart Mondays from 10 p.m. to 1 a.m. Racers must sign up at 10 p.m. Winners will receive bragging rights for the work and a bottle of Stoli Crushed. Spectators can enjoy happy hour from 10 to close. Must be 21 and older to attend. The Brix Taphouse is located at 300 Second St. N. in Jacksonville Beach.</p> <p><b>Run Club at Southern Swells</b> Join Jax Beach Runners on Monday nights at Southern Swells Brewing Co. for an evening run starting at 7 p.m. It is a 4.2-mile route, but runners can run as much or as little as they'd like. After the run, hang out and enjoy \$1 off Southern Swells beers for all who ran. For more information about Jax Beach Runners and their events, visit their meetup page at <a href="http://www.meetup.com/Jax-Beach-Runners">www.meetup.com/Jax-Beach-Runners</a>. Southern Swells Brewing Co. is located at 1312 Beach Blvd. in Jacksonville Beach.</p>	<p><b>Florida Blue free Tuesday at the Cummer</b> On Tuesday evenings from 4 to 9 p.m., enjoy free admission to the Cummer Museum and its historic gardens, thanks to the generous support of Florida Blue. Guests can enjoy free admission to the galleries each Tuesday evening and the Cummer Café is also open for Tapas Tuesday sponsored by VyStar Credit Union. The Cummer Museum of Art &amp; Gardens is located at 829 Riverside Ave. in Jacksonville.</p> <p><b>Curatorial Choice exhibiton</b> This exhibition is a follow-up for the previous Juried Artist Member Exhibition that featured the work of Cultural Center artist members. The Curatorial Choice exhibition is a selection of artists selected by the curatorial committee from JAME. Works by Bruce Carr, Jeanne Hollington, Vicky Lennon and Karen F. Rose will be on display until Sept. 21 at the Cultural Center at Ponte Vedra Beach. Guests are welcome to visit during office hours from 10 a.m. to 4 p.m., Monday through Saturday. For more information, call (904) 280-0614. The Cultural Center is located at 50 Executive Way in Ponte Vedra Beach.</p> <p><b>Cycles of Nature</b> St. Johns County Parks and Recreation partnered with Marineland for an educational sunrise walk on the beach at Frank Butler County Park East from 7 to 8 a.m., Sept. 3. Just like the sun rises and sets every day, there are lots of things in nature that occur on a cyclical basis. This walk will focus on how nature tends to repeat itself and how humans can help protect these delicate cycles. This program is free and open to all ages, but registration is required. For more information, email Kelly Ussia at <a href="mailto:kussia@sjcfl.us">kussia@sjcfl.us</a> or call 904-209-0335. Frank Butler Park East is located at 5860 A1A S. in St. Aug.</p> <p><b>\$1 Tuesdays for kids at Trasca &amp; Co.</b> Take the kids out to eat and save some money on Tuesdays at Trasca &amp; 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 &amp; Co Eatery at (904) 395-3989. Trasca &amp; Co. is located at 155 Tourside Drive in Ponte Vedra Beach.</p>	<p><b>Ponte Vedra Mindfulness 10-week study</b> The Ponte Vedra Mindfulness Group will host a free 10-week study of "Mindfulness Meditation" from 6:30 to 8 p.m. starting Wednesday, Sept. 4, at St. Francis of the Fields Episcopal Church. The study will center on the book, "Beginning Mindfulness: Learning the Way of Awareness," by Andrew Weiss. Members are asked to purchase the book. This group is open to all members of the community and is suitable for beginning meditators and experienced practitioners. For more information and to RSVP, email group leader, Dr. Christine Blice-Baum, at <a href="mailto:cblicebaum@mindfulnessjax.com">cblicebaum@mindfulnessjax.com</a> or call (904) 580-1950. St. Francis of the Fields Episcopal Church is located at 895 Palm Valley Road. in Ponte Vedra.</p> <p><b>First Wednesday Artwalk</b> The First Wednesday Art Walk is a monthly event to bring people to the cultural and historical center of the city and showcase Jacksonville's deep and energetic pool of creative talent. Open to visual and performing artists, Art Walk is on first Wednesdays from 5 to 9 p.m., rain or shine in downtown Jacksonville, centering in Hemming Park. Explore Jacksonville's local art, music, businesses and much more on Sept. 4 to celebrate Duval Day (904, get it?). For more information, contact Hemming Park at (904) 515-5098. Hemming Park is located at 135 W. Monroe St in Jacksonville.</p> <p><b>Wednesday Pier Farmers Market</b> On Wednesdays from 8 a.m. to noon, the Pier Farmers Market at the St. Johns County Pier offers fresh fruit, vegetables, bread and local arts and crafts, ranging from 60 to 80 different vendors. Visitors can find a variety of unique, quality goods from local businesses. After browsing, visitors can take a stroll along scenic St. Augustine Beach. The market helps the local economy by allowing local merchants to sustain their business and also offer fresh, local foods to the community. For more information, call (904) 315-0952. The St. Johns County Pier Park at the St. Johns County Ocean Pier is located at 350 A1A Beach Blvd. in St. Augustine Beach.</p>	<p><b>JV Nease HS v. Bishop Kenny HS football game (away)</b> The Nease High School Panthers will be battling it out on the football field against the Bishop Kenny Crusaders from 6 to 9 p.m., Sept. 5, at Bishop Kenny. For more information, call Nease High School during school hours at (904) 547-8300 or email <a href="mailto:nhs@stjohns.k12.fl.us">nhs@stjohns.k12.fl.us</a>. Bishop Kenny High School is located at 1055 Kingman Ave. in Jacksonville.</p> <p><b>Jags Kickoff Rally at the Jacksonville Zoo</b> The Jacksonville Zoo and Gardens and Jacksonville Jaguars Foundation will host an adult pep rally Sept. 5, from 6:30 to 8:30 p.m., as the city prepares for the Jacksonville Jaguars 2019 regular season! All guests must be over 21 and can enjoy an open bar, food served by Catering in the Wild, a silent auction, meet-and-greets with mascots, special guests and cheerleaders, animal encounters, live music and an unforgettable Jacksonville Zoo experience. Tickets cost \$35 for Zoo members and \$55 for nonmembers. For more information call (904) 757-4463 or email <a href="mailto:info@jacksonvillezoo.org">info@jacksonvillezoo.org</a>. The Jacksonville Zoo is located at 370 Zoo Pkwy. in Jacksonville.</p> <p><b>Luna Cruise at Whiskey Jax</b> Whiskey Jax in Jacksonville Beach, Florida presents the band, Luna Cruise, performing from 7 to 10 p.m., Sept. 5. Luna Cruise is an original rock band with poetry-styled vocal melodies and intricate instrumentation. Luna Cruise brings together 1960s and 70s psychedelic nostalgia and a driving groove, forming a contemporary sound, reminiscent of classic icons with a new-age twist. For more information, call Whiskey Jax at (904) 853-5973. Whiskey Jax is located at 950 Marsh Landing Pkwy., #370 in Jacksonville Beach.</p> <p><b>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 <a href="mailto:Daniela@opcfla.com">Daniela@opcfla.com</a> or call (904) 686-3939. Compiled by Daniela Toporek</b></p>

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8103 Clothing Inc., The Block Skate Supply and Gen. Jag hosted a Jacksonville Jaguars vs. Miami Dolphins watch party on Aug. 22 at their store locations in Historic Springfield in Jacksonville.



Fans enjoy free drinks and socialize in The Block Skate Supplu's skate plaza while they watch the game outside on the 12-foot screen. Photos by Daniela Toporek

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# Local businesses host Jaguars watch parties

By Daniela Toporek

It's always a struggle to find the perfect place to watch an away game. Thankfully, 8103 Clothing Inc. owner, Mark Braddock, teamed up with The Block Skate Supply and dedicated fan group, Generation Jaguar, to host Jacksonville Jaguars watch parties for two pre-season away games. On Aug. 22, they a watch party for the Jags against the Miami Dolphins.

TVs were set up inside The Block and 8103 Clothing stores, where fans could both linger and shop while watching the game without missing a play. Walking past these stores on Main



Jaguar fans, Brimley Newton and Stefanie Snabes, sit on the skate ramp and enjoy a cup of "Jags Juice" while watching the game.

Street in downtown Jax, it's hard to even notice the celebration, just some local shops open late with the game on.

But walking through these stores, past the clothes, TVs and registers, then, beyond the back entrance is The Block's skate plaza, decorated in all things black and teal and with a giant 12-foot screen. The Jacksonville Jaguars tent was stocked with with beads, glasses, koozies and Jaguar goodies galore while Bold City Brewery and Relevnt poured free drinks to guests. That's right, a free sports event with real, free drinks (just remember to tip the bartender).

The cherry of this all-Jags event was Blazin' Buffalo's food truck parked right out back to serve up some fried chicken bites and fries to hungry fans.

"The community aspect in Historic Springfield is like no other in Jacksonville," Braddock said, who actually grew up in Jacksonville Beach and hosted multiple pop-ups there before opening his Springfield store in July. "The synergy

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# Local restaurant to celebrate football season with Jaguars-themed brunch

By Daniela Toporek

To celebrate the return of football season, Vernon's First Coast Kitchen & Bar, located within Sawgrass Marriott in Ponte Vedra, will be hosting a Jaguars-themed Sunday brunch from 10 a.m. to 2 p.m., Sept. 1.

The menu will feature multiple football-themed options such as "Referee Ratatouille," "Field Goal Frittata" and "Sticky Fingers French Toast."

Children can also get in the spirit with Jaguars-themed activities hosted by the

Marriott recreation staff and a special appearance by Jaguars mascot, Jaxson de Ville.

THE ROAR of the Jaguars will also be joining, ready to interact with fans and take photos, as well as the Jax Pack, which will be giving out "Jag Swag" and other fun prizes.

Brunch cost is \$30 per person and \$8.50 for children ages 12 and under.

For more information, call Vernon's First Coast Kitchen & Bar at (904) 280-3405 or visit [www.OpenTable.com](http://www.OpenTable.com) to make a reservation.



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# Kick Off Cook-off competition judges best tailgate fare

Proceeds support Tom Coughlin Jay Fund Foundation

By Amber Lake

To some, tailgating is more than hotdogs and burgers — it's an art.

For competitors at the annual Kick Off Cook-off event at Angie's Subs, it's also a good deed. That's because proceeds from the event go to the Tom Coughlin Jay Fund Foundation, which helps support children and families coping with childhood cancer.

Cooks take the competition seriously, serving up a variety of tailgate tapas in the parking lot of the restaurant to win the prestigious award of "Best Tailgate in Jacksonville." Crowds of hungry fans sample each fare and vote for their favorite. Entry fees to vote are \$15 a person and include beer, which will be donated by Green Room Brewing. Last year's winner, and the year before, was Sawgrass Asset Management.

Brett Hastings of the Law Offices of Brett Hastings is a title sponsor of the event and said, "We think the world of the Jay Fund and (the most important) ingredient is the Jay Fund volunteers, who are fantastic."

The 2019 Kick Off Cook-off event will feature eight teams from 3 to 7 p.m. on Friday, Sept. 20. Attendees will vote on food, ambiance and tailgate game. Angie's Subs is located at 1436 Beach Blvd. in Jacksonville.



Photo courtesy of Jacqueline Ball

Sawgrass Asset Management has won the competition the past two years in a row and will be competing at this year's event.



ABOVE: Fans and guests gathered at the Relevnt tent for free cocktails and free beer from Bold City Brewery.

RIGHT: The Blazin' Buffalo food truck parked outside the stores to offer hungry fans a snack throughout the game.

Photos by Daniela Toporek



## Party

Continued from 30

that's being cultivated on the block is something every local needs to experience. All the businesses on Main Street support each other and work together."

Braddock is already planning future events, including a Sept. 22 pop-up at Jacksonville Beach's Latham Plaza from 5 to 10 p.m., curated by 8103 Clothing Inc.

This idea of "community over competition" is what drives Braddock,

according to a previous interview with the Jax Daily Record.

By collaborating with local businesses and throwing unique, community-driven events, Braddock hopes to spark "more life to the area."

"These events are important to the community," said Jaguars fan Stefanie Snabes, a first timer to an 8103 Clothing Inc. event. "They bring more local business awareness to Jacksonville. Most importantly, it brought all the Jaguar fans together."

For more information on the brand and upcoming events, visit [www.8103clothing.com](http://www.8103clothing.com).



Jacksonville Jaguars' Jax Pack attended the event with "Jag Swag" prizes for lucky fans.



# Strength training for student athletes increases ability, safety



**Matt Hendrick**  
Guest Columnist

Over the past 25 years, coaches, parents and student athletes have seen a rise in the understanding and prominence of the role proper strength and conditioning plays for all sports. Research has proven again and again the importance

of a well-structured strength program for the athletes themselves, and the results on the field. While this is true at all levels of competition, it is perhaps most important for the student athlete in high school and college. The reason for this is these are formative years for males and females alike. During this time, they will develop movement and coordination patterns, set the foundation for muscular development, and learn the overall habits that will carry them through their sporting careers. Therefore, it is imperative to maximize this time period to lay the groundwork for their journey.

The value of proper strength training in the sport of football is clearly visible. Football relies heavily on speed, strength and power in order to perform at the highest levels. Yet it is also a collision sport, so the contact dynamic must be accounted for within the strength program in order to



Photo courtesy of metrocreativeconnection.com

minimize injury risks as much as possible. Having more muscle size for athletes is not just about their on-field performance itself, but also plays a critical role in their safety. Proper strength training helps ensure they are prepared to withstand the inevitable contact in competition. Increasing muscle size through proper strength training will allow athletes to improve durability and increase safety. Remember, injury prevention is paramount, and the most important role of the strength program.

Strength training is also imperative to increasing power, explosiveness and speed. Changing direction more efficiently, running faster and having more power in contact are all part of excelling on the football field. A player's ability to be explosive is directly related to his or her ability to produce high levels of force. This means stronger athletes are able to accomplish this more efficiently than weaker ones. Having a properly structured and supervised strength program allows athletes

to develop these areas to the highest levels while minimizing exposure to the risks associated with bad exercise techniques, lack of adequate recovery, poorly balanced programming and the movement pattern issues that can arise

In the end, the value of proper strength training for the student athletes cannot be overstated. While there are many different programs out there, identifying the safest and correct one for each student-athlete is critical. Always make sure the professional is credentialed, experienced and has positive references. Check for valid and accredited certifications, licenses and degrees of higher learning when selecting a coach. Lastly, sit down and interview the coach to ensure their goals for the athlete match the goals of the sport of the student-athlete.

**Matt Hendrick of Momentum Wellness holds a B.S. Exercise Physiology and a in B.S. Sports Medicine, NSCA-CSCS, USAW-Level 1, as well as being a Certified Post Rehabilitation Specialist, Certified Performance Nutrition Coach and Certified Personal Trainer. Matt has been in the industry for almost 25 years. He was a strength and conditioning coach with the NFL and has worked with countless professional and Olympic athletes over his career.**

**Momentum Wellness is located at 5150 Palm Valley Rd., Ste. 103 in Ponte Vedra Beach. For information, call (904) 395-3266 or visit [www.getmomentumfit.com](http://www.getmomentumfit.com).**

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## The history of college football bowl games and New Year's Day

New Year's Day is rife with tradition. Perhaps no such tradition is more exciting for fans of college football than the handful of New Year's Day bowl games featuring some of the sport's best teams

New Year's Day bowl games can trace their origins back to the 19th century. According to History.com, on Jan. 1, 1890, members of the Valley Hunt Club in Southern California paraded through the streets of Pasadena, California, engaging in various contests, including tug-of-war.

While no collegians competed on the gridiron that day, the parade served as a precursor to the Tournament of Roses Parade, which immediately preceded athletic contests that included polo matches and greased-pig catching.

In 1901, the president of the parade, seeking to gain publicity for the town of Pasadena and its floral festival, sought to stage a sporting event that might attract more interest than pig-catching and polo.

Festival organizers ultimately chose college football, deciding to initiate a



matchup between a team representing the western United States and the eastern United States. On January 1, 1902, the football teams from the University of Michigan and Stanford University battled in the inaugural East-West football game.

Michigan, which had not allowed a point all season long, steamrolled its way to a 49-0 victory.

In fact, the game's lack of competitiveness temporarily nixed plans for an annual New Year's Day game, which was not played again until 1916, when Washington State University defeated Brown University 14-0.

Interest in the game continued to grow from there on out, and in 1923, the game was moved to a large stadium known as the Rose Bowl. The game itself soon adopted the name of that stadium, and it retains that name today.

Thanks to fan interest in the New Year's Day game, other New Year's bowl games soon followed, and continue to entertain college football fans every Jan. 1.

**Janet E. Johnson, P.A.**

*Criminal Defense Attorney*



**J**anet Johnson is committed to aggressively defending people accused in all criminal matters in state and federal court. In practice since 1994, she is a member of the Florida Bar, The Federal Bar, Colorado Bar, as well as the Florida Association of Criminal Defense Lawyers. She has been on the faculty of FACDL "Blood, Breath & Tears" annual DUI seminar. Ms. Johnson has been awarded the AV preeminent rating™ from Martindale-Hubbe® and was named a fellow to the prestigious Litigation Counsel of America™, as well as one of the ten best criminal defense attorneys nationally for client satisfaction by the American Institute of Criminal Law Attorneys. She also appears as a legal commentator on CNN and HLN.

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# A brief history of American football

According to Nielsen, 111.3 million people tuned in to watch the Super Bowl in early 2017. Almost two-thirds of adults in the United States say they currently watch National Football League games.

But American football is no longer relegated to the boundaries of the United States, as it is becoming a global sport. According to the International Federation of American Football, there are 80 countries with organized federations governing the game. Plus, thousands of youth and adult leagues exist all over the world. Even though soccer has long been a global sport, it seems the other kind of “football” is quickly catching up.

The sport known as American football was borne out of the English sports of association football (soccer) and rugby. During the late 19th century, elite Northeastern colleges took up the sport, playing a soccer-type game with rules adopted from the London Football Association. Intercollegiate matches began to spring up at schools such as Rutgers, Princeton, Harvard, and McGill University. Rugby-type rules became preferential among players and spectators.

Walter Camp, known affectionately as the “Father of American Football,” transformed the rugby-style game into the one that resembles American football today. Camp brought two key innovations to the game. The opening “scrummage” was eliminated, and a rule was introduced that required a team to give up the ball after failing to advance down the field a specific yardage. Camp also developed the quarterback position, lines of scrimmage and the scoring scale used in football today.



Photo courtesy of metrocreativeconnection.com

**American football enjoys worldwide popularity and some of the most ardent fans in all of sport.**

Early games were controversial because of the high rate of injury. Even President Theodore Roosevelt stepped in to ask collegiate teams to revise regulations to make the game less brutal. The committee overseeing the rules would later become known as the National Collegiate Athletic Association.

Thanks largely in part to the popularity of college football, professional football began to gain traction with the public.

The American Professional Football Association was formed in 1920. That league would later become the National Football League. The first televised NFL game occurred in 1939. Eventually, American football’s popularity would explode.

Cheerleaders were introduced to the game in the 1960s. Currently, the Dallas Cowboy Cheerleaders are the most famous squad. Six teams in the NFL do not

have cheerleaders: the Chicago Bears, the Cleveland Browns, the Detroit Lions, the New York Giants, the Pittsburgh Steelers, and the Green Bay Packers.

Football games typically last around 3 hours. Average attendance for an NFL game is 66,957 spectators.

American football has become a multibillion-dollar industry. What developed on college campuses has grown into a worldwide phenomenon.

## The similarities and differences between rugby and football

Fall and winter are prime seasons for scholastic athletes. Two of the more popular sports fans can enjoy this time of year include rugby and American football. These games share many similarities, but they also have some notable differences.

American football is played in many parts of the world, but it is most popular in the United States. Conversely, rugby is more internationally recognized and played in more countries than football. Rugby is perhaps most popular in areas of northwestern Europe and portions of the southern hemisphere with ties to Great Britain.

Both sports involve carrying a ball over the opposing team’s goal line. In football this is known as a touchdown. Football teams also can score points by kicking the ball between the goal posts, which is known as a field goal. In rugby, the ball must not only be carried beyond the touch line, but then placed down, called a try. Points also can be scored by kicking



Photo courtesy of metrocreativeconnection.com

the ball, known as a conversion, drop goal or penalty kick depending on the circumstances.

Football has 11 players per team on the field, while rugby has 15 players. While football has unlimited substitution of players, rugby only allows seven depend-

ing on the tournament rules.

Football includes a lot of stop-and-go action. There are four 15-minute quarters and a halftime in professional and college football, while high school games feature four 12-minute quarters. The clock will stop frequently between plays. In rugby,

the clock only stops for prolonged injuries, and there are two, 40-minute halves with a short halftime.

American football is played with a spheroid ball that is slightly longer yet slightly lighter than a rugby ball. Stitching and seams on the football tend to make it easier to throw. A football game takes place on a field that is smaller than a rugby union pitch.

Even though play in both rugby and football can be aggressive, football players wear more protective gear than their rugby counterparts. Rugby players are only allowed modest padding to protect their bodies. Only a mouthguard (gum shield) is required. American football players are required to don helmets, shoulder and chest protection, upper leg padding, and mouthguards.

American football and rugby are both intense and beloved sports. Football is believed to have been derived from rugby, so it’s easy to see how there are many similarities among the two sports.



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# Business Weekly

Beware these common misconceptions about fixed annuities

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THURSDAY, AUGUST 29, 2019

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**RIGHT:** Sandy Kavanaugh (left) and Jim Moyer attended the Aug. 14 Chamber at Noon meeting to hear featured speaker Sara Frasca (right).



**BELOW:** Dr. Erika Hamer, Felicia Cox, Lori Adams and Gloria Dongara pause for a photo at the Ponte Vedra Inn & Club.

Photos by Susan Griffin



## Chamber at Noon event features innovative speaker

By Daniela Toporek

The St. Johns County Chamber of Commerce Ponte Vedra Beach Division hosted Chamber at Noon at the Ponte Vedra Inn & Club on Wednesday, Aug. 14, to discuss harnessing innovation.

The event featured speaker, Sara Frasca, vice president of innovation enablement for Platypus Labs, a management consultant firm in Detroit, Michigan, that focuses on elevating companies of all sizes by unlocking the creative potential of its employees.

Some may also recognize Frasca as the owner of Ponte Vedra's Trasca & Co. Eatery.

Frasca discussed her position at Platypus Labs and her role in transforming creative ideas into powerful results.

"Most leaders agree that innovation is important in continuing to propel businesses forward, but don't know how to grasp or harness that innovation," Frasca

said. "Our team comes in and gives them (the employees) tools and techniques and we practice them and apply them to the business."

Frasca also mentioned that targeting innovation within companies rather than hiring new individuals leads to increased productivity and a better retention rates.

Frasca said she received positive feedback from attendees and told her that she "captured the attention of everyone in the room" and that the presentation was "very informative and right on the money."

"Every business can take responsible risks, challenge the status quo and find new paths," she said. "Creativity will harness and fuel the future."

For more information about the SJC Chamber of Commerce Ponte Vedra Beach Division, visit [www.sjccchamber.com/ponte-vedra-beach-division](http://www.sjccchamber.com/ponte-vedra-beach-division).

For more information about Sara Frasca or Platypus Labs, visit [www.platypuslabs.com](http://www.platypuslabs.com) or [www.sarafrasca.com](http://www.sarafrasca.com).

## Chamber hosts ribbon cutting for new assisted living facility

By Amber Lake

The St. Johns County Chamber of Commerce hosted a ribbon-cutting from 10 a.m. to noon Aug. 24 for the grand opening of the Benton House, a new assisted living facility located in northwest St. Johns County.

Representative Cyndi Stevenson attended to welcome the facility to the community.

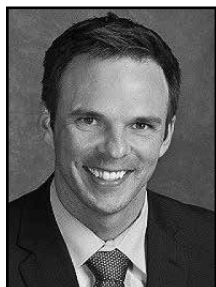
"In 1980, St. Johns County's population was calculated by the U.S. Census Bureau at 51,000 people," said Chamber president, Isabelle Renault. "The most recent census data from 2018 states that our population is grown to more than 250,000 people and there is not end in sight. Not only is the county growing at an



Photos by Susan Griffin

The St. Johns County Chamber of Commerce hosted a ribbon-cutting from 10 a.m. to noon Aug. 24 for the grand opening of the Benton House.

# Interested in fixed annuities? Beware of common misconceptions



**Karsten Jacobson**  
Columnist

Combining a 401(k) or pension, an IRA and Social Security, retirees hope to have enough to enjoy a comfortable lifestyle. Yet, those planning for retirement may want, or need, to find other financial resources – one option might be a fixed annuity, which offers a guaranteed interest rate and can be structured to provide a lifetime income stream. But investors may be nervous about annuities because

of some negative things they've heard about them. How valid are those concerns?

To help answer that question, consider some common misconceptions about fixed annuities.

## *I won't be able to touch any of my money if I need some of it before I retire.*

A fixed annuity is designed to provide income during retirement years. But to withdraw a significant amount of money before retirement – when the annuity is in what's called the "accumulation phase" – will likely result in a surrender charge, as well as a 10% federal tax penalty.

Withdrawals may also be subject to a market value adjustment. However, to access a small percentage of allocated funds, one might not encounter any fees. And some annuity contracts allow a 10% withdrawal with no penalty.

## *Annuities cost too much.*

Many annuities are actually low in cost. Be sure to compare the cost against the value of each additional guarantee, feature and benefit — and only pay for what is needed.

The interest rate will always be too low to make an annuity worthwhile.

A fixed annuity is not designed to provide high returns — its key benefit is the guaranteed interest rate and the potential for lifetime income.

## *A deferred annuity isn't worth the wait.*

It's true that setting up a deferred annuity won't result in immediately receiving income. However, investors will be able to factor future expected payments into retirement plan.

## *When I die, the insurance company keeps my money.*

If the payout plan includes a beneficiary agreement,

beneficiaries will receive the remaining amount of money in the contract. Read the terms and conditions listed with an annuity, as they will spell out where the remaining money will go after you pass away.

Of course, even if the above concerns are simply misconceptions, it doesn't mean there are no issues to be aware of when considering fixed annuities. For one thing, the safety of a lifetime income stream and guarantees will depend on the claims-paying ability of the insurer that issued the annuity, so choose a company that has demonstrated financial strength and stability. One other concern about fixed annuities: They typically don't carry a cost-of-living adjustment, such as that found in Social Security. Look for annuities that offer some inflation protection, but this feature can reduce early payments significantly.

If it's appropriate for an individual's situation, a fixed annuity can be a valuable addition to retirement income. Before purchasing one, though, be sure to weigh all the potential benefits and issues. But don't be swayed by misconceptions — base decision on facts, rather than fears.

**This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.**

## TrailMark to host Star Gazing Party

Free event on Sept. 7 features Ancient City Astronomy Club

TrailMark in St. Johns County and the Ancient City Astronomy Club of St. Augustine will team up for a night under the stars Saturday, Sept. 7, from 8:30 to 10:30 p.m.

The family-friendly event is free and open to the public.

The Ancient City Astronomy Club of St. Augustine is a community of amateur astronomy enthusiasts promoting interest in the heavens and beyond. Club members will have telescopes available or bring your own telescope. TrailMark provides a welcoming environment to enjoy the beauty and wonder of the night sky.

The Star Gazing Party highlights the very essence of life at TrailMark, a recreation-rich community in northern St. Johns County, combining neighborhood



Photo by Christine Rodenbaugh

**The Ancient City Astronomy Club of St. Augustine will have telescopes on site for the TrailMark Star Gazing Party on Sept. 7.**

living with a nature-first approach. The neighborhood promotes healthy outdoor living with miles of trails, parks and a community amenities center.

The event is free, but registration is

required at [bit.ly/trailmarkstars0907](http://bit.ly/trailmarkstars0907).

The address for the event is 805 TrailMark Drive, St. Augustine, FL 32092

For more information, visit [TrailMarkLiving.com](http://TrailMarkLiving.com).

## Savvy Job Hunters Ministry to present workshop Sept. 26

Candace Moody, vice president of communications for Career-Source NE Florida, will help prepare individuals for their next career at a workshop titled *The Future of Work: The Gig Economy* from 9 a.m. to noon, Sept. 26 at Christ Episcopal Church in Ponte Vedra Beach.

The Gig Economy is more than just moonlighting – it may be the way everyone works in the future. Candace will help challenge assumptions about gigs and traditional employment.

Moody will address several topics including why your next job may be less secure than your next gig, how to change your mindset to embrace gigs and how to thrive in a gig economy. Further, she will address how to create a plan for combining employment and gigs – and how to know what combination is right for you.

Job opportunities, application procedures and company overviews will be presented by Suzanne Turcotte, branch manager of Fast Track Staffing Solutions; and David Dougherty, recruiter for the U.S. Census Bureau.

Buddy Webster of LEADERS Professional Recruiting will review resumes following the workshop.

To register, email Pam Ottesen at [pottesen66@gmail.com](mailto:pottesen66@gmail.com)

Sign in and networking begins at 8:30 a.m. at Christ Episcopal Church in the Parish Center Conference Room (second floor) located at 400 San Juan Drive.

## Dreams Come True announces 2019-20 officers

Dreams Come True, a Northeast Florida based nonprofit dedicated to using the power of a dream to bring hope and joy to local children battling life-threatening illnesses, recently announced the following 2019-2020 officer appointments for its board of directors.

President: Christy Budnick, president/CEO – Berkshire Hathaway HomeServices Florida Network Realty

Vice president: Tim Nolan, president/CEO – TOTE, Inc.

Secretary: Geoff Neilson, senior outside sales representative - Graybar

Treasurer: Stephen Tremel, Jr.

Officers for the Dreams Come True Women's Board and young



**Christy Budnick**

professionals group, the Horizon Board were also announced.

Women's Board officers are president, Samantha Lowery; co-president, Kim Dean; vice presidents, Lisa Holder and Shelley Smith; correspondent, Christy Rosen; treasurer, Christie Stermon; and secretary, Rebekah Selevan

Horizon Board Officers are president, C.J. Terrell; vice president, Tabettha Martins; marketing, Marisa Mariano; secretary, Leigh Russell; treasurer, Steve Van Casteren; and special times liaison, Danielle Callegari

All officers were inducted July 1 and will serve in their respective positions until June 30.

Dreams Come True is celebrating 35 years of dream fulfillment on the First Coast. For more information, visit [www.dreamscometrue.org](http://www.dreamscometrue.org) or call (904) 296-3030.



**ABOVE:** Margaret May Bates Executive Director Benton House speaks to the audience.

**RIGHT:** Isabelle Renault President and CEO of the SJC Chamber speaks to the audience.

Photos by Susan Griffin



## Benton

Continued from 37

incredible pace, we believe that the fastest growing segment of that population in the next 15 years will be the senior population over the age of 75.”

The facility offers not only assisted living, but memory care and an adult day program as well. The new location will be one of 23 across the Southeast United States and will be one of three facilities located in Florida. Staff conducted guided tours of the facility every 15 minutes during the open house.

Benton House St. Johns is located at 115 Benton Lane off County Road 210



**Shelley Rogers-Brown Activities Director Benton House celebrates the grand opening.**

West at St. Johns Parkway. For more information, visit [bentonhouse.com/senior-living-augustine-fl](http://bentonhouse.com/senior-living-augustine-fl).

# Chamber PVBD conducts ribbon cutting at Cryoskin

By Daniela Toporek

The St. Johns County Chamber of Commerce Ponte Vedra Beach Division held a ribbon cutting Aug. 8 at Beaches Cryoskin, 5150 Palm Valley Road, Suite 208 in Ponte Vedra Beach. Chamber members and guests were served delectable edibles at the lunchtime ceremony.

Cryoskin uses non-invasive techniques used for slimming, cellulite reduction and toning that some clients compare to a cool massage. Beaches Cryoskin offers CryoToning Cellulite, CryoSlimming and CryoToning Face. Procedures take about 28 minutes. For information about Beaches Cryoskin, call (904) 862-1999.



Photo by Susan Griffin

**Beaches Cryoskin celebrated a ribbon cutting Aug. 8 held by the Chamber of Commerce.**



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Episcopal School of Jacksonville  
Fields Automotive Group  
First Coast Artists  
First Coast Sotheby's International Realty  
Fisher, Tousey, Leas & Ball  
Floor Coverings International  
Forever Vets  
Freida Prince & Susie Mullinax – Re/Max  
GATE Petroleum  
Grace Conservatory  
Heekin Clinic  
Hounds Hair  
Huntington Learning Center  
IBERIA Bank  
Jack McCarthy – Luxury Home Brokers  
Jacksonville Children's Chorus  
Jacksonville Zoo & Gardens  
Janet Johnson, PA  
Janet Westling – Berkshire Hathaway  
John Craig Clothiers  
K&D Roofing  
K9's for Warriors  
Kari Zerrahn – Allstate  
Kathleen Floryan – Exp Realty  
Kathy's Creative Gardens  
Lazzara Orthodontics  
Le Macaron Ponte Vedra Beach  
Lemon Twist  
Lisa Barton Team – Berkshire Hathaway  
Lord of Life Lutheran Church  
Malcolm Anthony  
Mandala Family Wellness  
Mandy Morrow – Coldwell Banker Vanguard  
Marchand Faries Financial Management  
Marcus Allen Homes  
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Mulligans  
Murphy Bed Depot  
Murray & Elise Beard – Watson Realty  
Nancy Hammond – Coldwell Banker Vanguard  
Nemours Children's Hospital  
Nocatee – The Parc Group  
North Florida OBGYN  
Oceana Diner  
Oceanside Cleaners  
Opulence of Southern Pines  
Paks Karate  
Palm Leaf Dental  
Palm Valley Child Development  
Patti Armstrong – Ponte Vedra Club Realty  
Penney Weeks  
Petro-Services (Daily's)  
PIVOT CPAs  
Plantation at Ponte Vedra  
Ponte Vedra Arts & Crafts  
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Ponte Vedra Cosmetic Dentistry  
Ponte Vedra Dental Group  
Ponte Vedra Hearing Associates  
Ponte Vedra Home Care  
Ponte Vedra Movers  
Ponte Vedra Staging  
Ponte Vedra Wellness Center  
Primrose School – Ponte Vedra  
Pusser's  
Quinn-Shalz Funeral Home  
Reef Restaurant  
Richards Mattress & Wicker  
Robert E. Karol, DMD  
Rotary Club of Ponte Vedra Beach  
Ruiz Law  
Sawgrass Events  
Sawgrass Marriott  
Setzer, Cochran, Soares & Hubbard Pediatric  
Dentistry  
Skinny Jax  
Southeast Orthopedic Specialists  
Sportsmania  
St. Johns County Chamber of Commerce  
St. Johns Title  
St. Vincents Healthcare Foundation  
Stellers Gallery  
Stitches & Screens  
Suzanne W. Green  
Teresa Hale – IBERIA Bank  
The Benton House  
The Bolles School  
The Goddard School – Ponte Vedra Beach  
The Palms at Ponte Vedra  
The Starling at Nocatee  
The Woman's Board  
Tom Trout, Inc.  
Tommy Hammond – Coldwell Banker Vanguard  
Top Dog Grill Cleaning & Restorations  
Transformation Pilates  
Trasca & Co. Eatery  
Travel Leaders  
Tree Masters  
Ullmann Financial  
Underwood's  
Vernon's  
Village Arts  
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Watson Realty Corp. – Ponte Vedra Beach  
Wells Fargo  
Wendy Patton – Berkshire Hathaway  
Woody's Barbecue Ponte Vedra  
World Imports, USA  
Wounded Warrior Project  
Ximenez-Fatio House Museum



**Harry Pappas**  
Columnist

## Have I got a deal for you!

I found someone with a new bag of burritos in his bag of tricks ... I mean ... bag of investments. I have no idea what that sentence means, but I think it rocks, so let's go with it.

Here is the deal:

This hypothetical person will give you a loan (mortgage) to buy a home with a rate of negative .5%. Nope, that is not a typo. He will pay you to take out a mortgage with his bank!

In other words, instead of you making a monthly mortgage payment, the bank will send you a check each month for taking out a loan with them. While this may seem absurd, this offer is real, but the only problem is that you have to live in Denmark and take out the loan with a Danish bank. That is correct; a Danish bank is offering mortgages at a 0.5% negative interest rate — meaning it is paying people to borrow money. To put the -0.5% rate in simple terms: If you bought a house for \$1 million and paid off your mortgage in full in 10 years, you would pay the bank back only \$995,000.

You might be asking how negative rates affect savers who keep money in savings account and certificate of deposits, also known as CDs. There are truckloads of banks in Europe offering negative rates on savings accounts. Stated perhaps more simply, give them \$1,000 today and they will return \$9 at some point in the future. I know, crazy, but it is happening around the world.

As uncertainty reigns in Europe, investors are looking for a safe haven for their money, even if it means getting back less than they “invest.” Offering loans at a negative rate and having savers pay money to the bank to hold their money may seem counterintuitive. Why would banks give a mortgage at a negative interest rate and have savers pay the bank for holding their money? The answer is simple and straightforward — to generate economic growth.

Central bankers are encouraging savers to spend their money or invest it in something riskier than bank deposits and money market funds because they want to generate economic growth. However, there is a debate whether negative rates do what they are supposed to do, as there is ample evidence that suggests negative interest rates do more harm than good.

The negative consequences are well documented. For example, the most obvious is negative rates incentivizes risk taking, and penalizes savers. Moreover, a negative rate encourages more government borrowing. This in turn allows politicians to make big promises until one day when rates eventually move higher and the government needs to raise taxes to pay for the outstanding loans.

Although U.S. interest rates are historically low, they still pay savers some interest and banks are still charging an interest rate to take out a loan. There is increasing discussion by the talking heads that the U.S. may indeed end up in a negative interest rate environment should the country enter the next recession.

Back in 1985, a primitive time when a mobile phone was only used to talk to another phone, I became a financial advisor. I was naïve, wet behind the ears and just plain stupid. Nevertheless, interest rates for a 1-year certificate of deposit paid around 9.36%. Today, according to bankrate.com, the national average is .96% for a 12-month CD. So, how low can CD rates go? As we learned from the above narrative, the answer is negative. Seems crazy, but it appears that we might be heading the way of Denmark.

**Harry Pappas Jr. CFP – Managing director-investments; Master of Science Degree Personal Financial Planning; Certified Estate & Trust Specialist; Certified Divorce Financial Analyst**  
**Pappas Wealth Management Group of Wells Fargo Advisors, 818 North Highway A1A, Ste 200, Ponte Vedra, FL 32082; 904-273-7955; harry.pappas@wellsfargoadvisors.com.**

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*We appreciate you!*



# Developer submits initial design application for new JEA headquarters

Downtown Development Review Board weighs in at next meeting

On Aug. 20, Ryan Companies US Inc. submitted its conceptual design approval application for the new JEA Headquarters to the Jacksonville Downtown Development Review Board. In accordance with the City of Jacksonville's development code the design application outlines the plans being proposed for the public utility's new headquarters and parking garage located in the 300 block of West Adams Street. Included in the application are details regarding the site plan, building elevations, site and building specifications and land use.

In the application Ryan Companies is proposing a nine-story, 190,000 rentable square foot office project with an accompanying nine-level parking garage with 850 parking spaces. The design team drew precedent from Jacksonville and the surrounding areas and focused heavily on the experience of the employees and customers in how they engage with the building in all aspects. From the skyline view to the customer experience the architects considered all angles. Natural light, open flexible floorplates and access to outdoor spaces are part of the design elements included in the building. Designed with multiple outdoor and work spaces affording views of the



Photo courtesy of Ryan Companies US Inc.

**A rendering of the new JEA Headquarters in Jacksonville. Construction is expected to begin the first quarter of 2020.**

courthouse lawn, the St. Johns River and the historic Hemming Park, these and more elements added to architect's focus on the City of Jacksonville.

"Presenting this application to the DDRB this week signifies a very important step in the process towards building the new JEA headquarters," said Doug Dieck, president, Ryan Companies Southeast Region. "It means a great deal to JEA, but also to the city of Jacksonville. Redeveloping this vacant parcel will serve to revitalize and enhance the existing skyline of Downtown Jacksonville and become an attractive backdrop to the adjacent existing courthouse lawn."

Ryan Companies expects the DDRB to review its application at the September

meeting. For the full design package and ongoing details about the project, visit [www.NewJEAHQ.com](http://www.NewJEAHQ.com).

JEA's goal for the new headquarters is to provide the best service by becoming the center of its customers' energy and water experience. It will be a catalyst for JEA's continued growth and provide the foundation for industry-disrupting innovation efforts. It will also enable JEA to attract and retain an engaged workforce. Ryan is committed to ensuring that Jacksonville's Small and Emerging Businesses, as well as women, minority and disadvantage-certified businesses play a meaningful role in the JEA Headquarters project.

The project is expected to begin construction in the first quarter of 2020.



Photo courtesy of Power Tee

**Golfers can practice their swing in the shade at Tee It Up Golf Driving Range in Oviedo.**

## Tee It Up range raises its game

Located in Oviedo, Tee It Up Golf Driving Range has been a long-standing, family-owned driving range. Whether players want to practice their swing on the range and greens or have some fun with the family using Power Tee at the range, this is the place for all levels of play.

Tee It Up is always looking to improve the range and make customers happy. The range recently installed high-powered fans under cover and a deck that features Power Tee.

"We are always looking to improve our range for our golfers. We knew Power Tee was what we needed to do next," Nick Franz, head pro at Tee It Up said. "Since being installed, customers have been so happy. They love the automation of the tee and the different tee heights. We are excited and can't wait to see what Power Tee does for our customers and Tee It Up."

Golfers can have clubs re-shafted, re-gripped and their loft/lie adjusted at the full-service pro shop while visiting. Lessons are available. For more information, visit [www.teeituprange.com](http://www.teeituprange.com).

## North Florida Land Trust adds operations manager

North Florida Land Trust recently announced Genevieve Day has joined the organization as operations manager. This is a new position at the not-for-profit who added Day to the team to assist both the operations and development teams.

Day will be responsible for managing office operations and assisting the operations director with financial data among other duties. She will also assist the development director and development officer with event logistics, manage donor data and help with other development-related tasks.

Day has a history working in conservation and preservation and most recently served as operations manager for the Timucuan Parks Foundation. She earned a bachelor's degree in anthropology from the University of North Florida. While in college, she worked as a park guide in the Timucuan Ecological and Historic Preserve. She also worked with the Jacksonville Public Library.

Day is currently seeking a Florida Master Naturalist certificate and serves as secretary on the North Florida Master

Naturalists board. Day, a resident of Riverside, is an avid hiker and volunteers with the Florida Trail Association.

NFLT added the new operations manager position to assist with the organization's

growing workload. During the last five years, NFLT has continued to increase the number of acres preserved and has expanded focus areas to include the majority of counties in north Florida.



Genevieve Day

office operations and assisting the operations director with financial data among other duties. She will also assist the development director and development officer with event logistics, manage donor data and help with other development-related tasks.

### UPCOMING SHOWS

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#### ELF THE MUSICAL

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Photos courtesy of Art with a Heart

Ariana and her family from Kingsland, Georgia pose with Ariana's "Animal-Gamation" titled "Wolf-B."

# Pediatric patient artwork on exhibit until December

Art with a Heart in Healthcare and MOCA Jacksonville showcase young artists

MOCA Jacksonville continues its nine-year partnership with Art with a Heart in Healthcare and the current exhibit, "Animal-Gamation," a special exhibition of artwork by pediatric patients from Wolfson Children's Hospital on display until Sunday, Dec. 8. The program is sponsored by Black Knight Financial Services.

According to MOCA's Jacksonville Director Caitlin Doherty, the successful and well-attended exhibition opening Sunday, Aug. 11 was a testimony to the healing power of art and a celebration of its growing momentum in the world of healthcare.

Art with a Heart in Healthcare is a 501(c)(3) nonprofit organization that provides personalized fine art experiences that enhance the healing process for patients and their families.

Seven days a week, Art with a Heart in Healthcare programs and services funds a talented team of staff artists, community volunteers and interns from the University of North Florida and master's students from the Arts in Medicine program at University of Florida. Patients are from Palm Coast to St. Augustine to Jacksonville and Fernandina Beach, and beyond. The nonprofit's team of artists and volunteers have served tens of thousands of patients and their families in northeast Florida at Wolfson Children's Hospital, Nemours Children's Specialty Clinic, St. Vincent's Medical Center and Mayo Clinic.

Each patient in the program has an



Susan poses with her daughter Francesca at the Art with a Heart in Healthcare, MOCA exhibit, which opened Aug. 11. Francesca is a pediatric patient at Wolfson's who lives in St. Augustine Beach.

opportunity to partner with an artist-in-residence of AWAIH, bringing out the young artists' natural abilities, while promoting self-confidence and self-awareness during their hospital experience.

As a patient who lives with her family in St. Augustine Beach, Francesca is a 16-year-old artist participation in the exhibit this year. She was diagnosed two years ago with a very rare illness called Superior Mesenteric Artery Syndrome. Dr. Nicholas Poulos saved her life with a Ladd's procedure as 33% of patients die from the digestive condition. Francesca's SMAS demanded hospitalization at Wolfson Children's Hospital.

Creating art was and is still a way for her to have a positive experience with the support of her family and friends, plus the artists from the hospital program.

"Francesca's notoriety at the exhibit opening and her trust and confidence in the art rooms are two very meaningful and positive experiences in our lives. This is exactly what she needs most," Francesca's mother, Susan, said. "Our daughter gets her mind off her illness and feeling badly when she is creating. She loved working with the artists and other children at the hospital. We are honored to have Francesca's artwork called "Flarrot" in the current show at MOCA."

Ariana, who lives in Kingsland, Georgia with her family, is now 11 years old and was treated for Acute chest syndrome, a frequent cause of acute lung disease in children with sickle cell disease. She and her family suffered through her devastating illness since she was two years old while participating in the art program which served as a much-needed distraction from a very stressful time and helped with the healing process. Ariana and her family are appreciative of the artists and care Ariana received in treatment and is displaying her art piece titled "Wolf-B" at the current show.

## TUSCANY MEETS COASTAL CONTEMPORARY IN RIVER MARSH



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# Ximenez-Fatio House to host Sing Out Loud Festival Gamble Jam in September

The Ximenez-Fatio House Museum will serve as a unique venue during the Sing Out Loud Festival, Florida's largest free live entertainment festival and benefit concert returning to St. Augustine in September. The 2019 Sing Out Loud Festival will host hundreds of free concerts at multiple venues around St. Augustine between Sept. 6 and Sept. 29 in a celebration of local, regional and national singers, songwriters, musicians, poets and comedians.

Located at 20 Aviles Street, in the renowned original art district in downtown St. Augustine, the Ximenez-Fatio House Museum will feature artists and live music during the festival from 11 a.m. to 4 p.m. on several Saturdays including Sept. 7, 14 and 28.

Plein Air painters will be featured in the Ximenez-Fatio House Museum courtyard from 11 a.m. to 4 p.m. and the Gamble Jam with live music will be held from 1 p.m. to 4 p.m. The jam session will feature local musicians, plus refreshments available for purchase. Free bottled water will be offered with open areas for seating on grass for visitors and guests. Additionally, Ximenez-Fatio House historic grounds, several rooms and the gift shop will be open.

In partnership with the Gamble Rogers Showcase Stage located at Aviles Street and Artillery Lane, the House Museum will serve as another unique venue on Aviles Street during the select dates of the Sing Out Loud Festival. The open jam sessions will feature local musicians who will encourage the public to bring an instrument to participate and play along, or to visit and enjoy the show. For more information and performance schedules, visit [www.singoutloudfestival.com](http://www.singoutloudfestival.com). The events are open to the public and free of charge.

The City St. Augustine continues to build on the Sing Out Loud Festival's success with its fourth edition by bringing unique performances ranging from bitter-sweet Americana, socially conscious punk rock, and powerhouse soul to progressive bluegrass, alternative country and indie pop.



Photo courtesy of Ximenez-Fatio House Museum

Since its inception in 2016, the festival has attracted an estimated 25,000 music fans and featured more than 600 performing artists at more than a dozen venues. Each year the merchants of Aviles Street welcome the music for four Saturdays on the Artillery Lane Sing Out Loud stage.

According to Julie Vaill Gatlin, executive director of the Ximenez-Fatio House Museum, the celebrated historic property supports the significance of Aviles Street as a key visitor destination and the oldest street in the USA along with the merchant association's diligent work to promote the district during the Sing Out Loud festival, and many activities throughout the year. Additionally, the mission of the Ximenez-Fatio House Museum is to participate in ongoing, local public awareness events to further America's national heritage through historic preservation, patriotic service, and educational projects.

The upcoming activities support the property owners, The National Society of The Colonial Dames of America in The State of Florida and the organization's mission to encourage public outreach which promotes the nation's heritage through preservation, patriotic service, and educational projects.

As a visitor destination, the Ximenez-Fatio House Museum is open for tours from 10 a.m. to 3 p.m. Tuesday through

Saturday, and guided tours of the buildings and rooms are available from 10 a.m. until 2:30 p.m., closed on Sundays and Mondays. The property is available for group functions including weddings and events. During tours, regular admission is \$5 for St. Johns County residents; adults \$10; children, students, seniors and military \$8, and the family rate is \$25. Private group rates are \$6.50 per person.

To view the full schedule of the Sing Out Loud Festival, visit [www.singoutloud-festival.com/schedule](http://www.singoutloud-festival.com/schedule).

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For schedule information visit [www.CityStAug.com/Concerts](http://www.CityStAug.com/Concerts) and get weekly reminders at [www.Facebook.com/CityStAug](http://www.Facebook.com/CityStAug)

Alcoholic beverages are prohibited in the Plaza.



Concerts in the Plaza is a free cultural event presented by the City of St. Augustine.

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AUG. 29	JOHNNYSWIM	DEC. 19	A ROCKAPPELLA HOLIDAY
AUG. 30	OMD (ORCHESTRAL MANOEUVRES IN THE DARK)	DEC. 20	HORTON'S HOLIDAY HAYRIDE w/ THE REV. HORTON HEAT, 5.6.7.8'S & MORE!
SEP. 16	DON FELDER	JAN. 29	THE TAJ MAHAL QUARTET w/ ROB ICKES & TREY HENSLEY
SEP. 20	LOCAL NATIVES DEVON GIFFILLIAN	JAN. 30	RODNEY CROWELL
SEP. 28	GRANDSON NOTHING, NOWHERE	FEB. 1	OVER THE RHINE
SEP. 30	BAD SUNS LILY & ULTRA Q	FEB. 9	LOS LOBOS
OCT. 5	JOHN MEDESKI'S MAD SKILLET	FEB. 14	AL STEWART
OCT. 10	MARTY STUART'S PILGRIM SHOW	FEB. 20	TOM PAPA
OCT. 11	STEVEN PAGE	FEB. 21	JIMMY WEBB
OCT. 17	THE WOOD BROTHERS	FEB. 27	TOMMY EMMANUEL IDA MAE
OCT. 24	THE ALLMAN BETTS BAND JOANNE SHAW TAYLOR & JD SIMO	FEB. 28	STEEP CANYON RANGERS
OCT. 27	WYNONNA & THE BIG NOISE	MAR. 10	SOUTHSIDE JOHNNY & THE ASBURY JUKES
OCT. 31	ACOUSTIC ALCHEMY	APR. 2	LEE ANN WOMACK
NOV. 2	HERE COME THE MUMMIES	APR. 11	DAVE MASON
NOV. 7	BIG BAD VOODOO DADDY	FLORIDA CHAMBER MUSIC PROJECT 2019 - 2020 SEASON:	
NOV. 22	THE FAB FOUR "THE ULTIMATE BEATLES TRIBUTE"	SEPTEMBER 15	A SEASON PASS TICKET FOR ALL FIVE PERFORMANCES MAY BE PURCHASED PRIOR TO THE FIRST PERFORMANCE ON SEPTEMBER 15
NOV. 23	MASON JENNINGS	NOVEMBER 3	
NOV. 24	JOHN OATES THE GOOD ROAD BAND	FEBRUARY 23	
DEC. 10	A PETER WHITE CHRISTMAS w/ EUGE GROOVE, VINCENT INGALA & LINDSEY WEBSTER	MARCH 15	
		MAY 17	

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# LIGHTNER AFTER HOURS: ALL THAT JAZZ

Enjoy an early evening of music by talented local musicians Raisin Cake Orchestra, cocktails, light hors d'oeuvres and the elegant surroundings of Lightner Museum's third floor Grand Ballroom Gallery. The free event is open to the public from 6 to 8 p.m. Thursday, Aug. 29. To register, visit [bit.ly/Lightner082919](http://bit.ly/Lightner082919). Guests may enter at the Granada Street entrance to Café Alcazar (the entrance with the blue and white awnings, located across from the Corazon Cinema).

Photo courtesy of Lightner Museum



# View French Moderns: Monet to Matisse, 1850-1950 at the Cummer

French Moderns: Monet to Matisse, 1850–1950, at the Cummer Museum of Art & Gardens is on exhibit through Sept. 8. The exhibition features more than 60 works of art from the Brooklyn Museum's renowned European collection and positions France as the artistic center of international modernism from the mid-19th to mid-20th centuries.

Ranging widely in scale, subject matter and style, these paintings, drawings and sculptures were intended for public display and private collections, and were produced by the era's leading artists, those born in France as well as those who studied and exhibited there, such as Paul Cézanne, Edgar Degas, Henri Matisse, Claude Monet and Pierre-Auguste Renoir.

The Cummer Museum of Art & Gardens is located at 829 Riverside Ave, in Jacksonville. For more information, visit [cummermuseum.org](http://cummermuseum.org).

## Art

Continued from 42

“Art with a Heart in Healthcare’s professional artists share their creative gifts seven days a week with Wolfson Children’s Hospital patients, in every setting, from the medical and surgical floors to our child and adolescent behavioral health unit, at the bedside, and in our playrooms,” said Michael D.

Aubin, president of Wolfson Children’s Hospital. “Art with a Heart in Healthcare is an essential member of our Wolfson Children’s Hospital caregiving team.”

For the 2019 exhibition, “Animal-Gamation” is a play on the word ‘amalgamation,’ with artists using their imagination and creating an animal by combining characteristics of different members of the animal kingdom.

“Each artist was asked to create a unique animal by combining two or

more animals. We explored the characteristics and meaning the animals have with the patients’ own personality traits, and their life stories to help combine an animal that symbolized who they were and what they wanted to represent. Working with AWAHIH artists they brought out their own natural talents and expanded their artistic expression on a mixed media canvas,” said Christy Ponder, executive director and artist in residence of AWAHIH.

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69						70				71			
72						73				74			

### THEME: GEOMETRY 101

#### ACROSS

- Say without thinking
- Abscess contents
- Fictional Griffin and actual Ryan
- Witty one-\_\_\_\_\_
- \_\_\_\_\_ Khan
- Swan of the “Twilight” series
- Carl Jung’s inner self
- What is the reason?
- Painter’s support
- \*Six-sided polygon
- \*Type of triangle
- Appetizer in a blanket
- Brooding
- \*\_\_\_\_\_pendicular lines
- Ghana monetary unit
- Star of Raffi’s song
- Instead of written
- “Formerly,” formerly
- Archeologist’s find
- Cusco valley dweller, once
- \*Plane to 2D is like \_\_\_\_\_ to 3D
- Shade of beige
- Daughter of a sibling
- \_\_\_\_\_ dream
- Same as Celt
- Mother of Calcutta
- Capital of Ukraine
- Robert Burns’ “Comin’ Thro’ the \_\_\_\_\_”
- Classic board game

- Unruly bunch
- \*Pythagoras’ \_\_\_\_\_
- Archipelago constituents
- Donkey in Mexico
- Auction proposal
- Seize a throne
- Scatter
- The day before
- “Prepare to meet your \_\_\_\_\_!”
- Boot-wearing feline
- Swedish shag rug
- Lament for the dead

#### DOWN

- Ho-hum
- \*Straight and infinitely extended
- Type of operating system
- Remake a map
- Opposite of comic
- Weakest in chess
- “Gross!”
- One’s assertion
- Square one?
- Additional
- Campbell of “Rhinestone Cowboy” fame
- White one at Macy’s
- Bringer of news, e.g.
- S-shaped moldings
- Mowgli to Raksha in “The Jungle Book”
- Feeling of aversion
- \*It has no dimensions, only position
- “Sesame Street” regular

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7	6						8	
	3	8	7		1	6	5	
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8			1		3		6	
	4		8	7				

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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.

- Mario Andretti or Niki Lauda
- Between stop and roll
- Potato’s soup mate
- H. pylori consequence
- Like a stereotypical girl
- \*Not right or obtuse
- Spike punch, e.g.
- Cone-shaped quarters
- Regards
- Real estate sale agreement
- Type of brew
- \*Length x width x height
- Earthy color
- Primary
- Cookbook amt.
- Rwanda’s majority
- Does something wrong
- Loads from lodes
- Brainchild
- Heat in a microwave
- Fortune-telling coffee stuff
- Light on one’s feet
- Like Brown league

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dish AIRTEL

# Ponte Vedra CLASSIFIEDS

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# Sports



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## Plantation Ladies Golf repeats as Jax Area Summer Team champs

For the second year in a row, and third time overall, the Plantation at Ponte Vedra Beach Ladies Golf Association has won the Jacksonville Area Summer Team League Championship by defeating Queen's Harbor Yacht & Country Club by a score of 28 – 26 points at Sawgrass Country Club on Thursday, Aug. 15.

The Summer League is comprised of 27 clubs competing in a three team, Four-Ball Match Play format between June and August. There are five area winners and three wildcard spots, creating an eight-team playoff, which Plantation qualified for by clinching the top wildcard position.

“Winning two consecutive titles, especially after beating King and Bear in the first round of the playoffs, pulling off a tie-



Photo courtesy of PLGA

PLGA Summer Team Championship Match players included Bev Cooper (from left), Joyce Moore, Gretchen Calvert, Carol Williams, Magi Jones and Marianne McNee.

breaker in the semi-final match against San Jose Country Club and a total team effort in the final against Queen's Harbor,

was a pure adrenaline rush for all of us,” PLGA Summer Team Captain Carol Williams said. “Joy, excitement, pride and relief

was felt by every woman on the PLGA squad, whether they played in the matches or not. We had tremendous support from our

membership and it really made the difference in the competition. We're looking forward to next year already.”

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