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PONTE VEDRA



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75 cents

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PonteVedraRecorder.com

LIFE LESSONS FROM LOCAL LEGEND



Nease football coaches, boosters and players join Tim Tebow (center) at the Nov. 7 Gift of Health Fundraiser to benefit Wildflower Healthcare in St. Augustine. **Read more on page 16.**

Photo provided by Wildflower Healthcare



Residents react to closing of Mickler's Beach

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Faces of Healthcare

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Who's Who in Law

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CAR OF THE WEEK

2019 VOLVO XC90 T6 AWD INSCRIPTION

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

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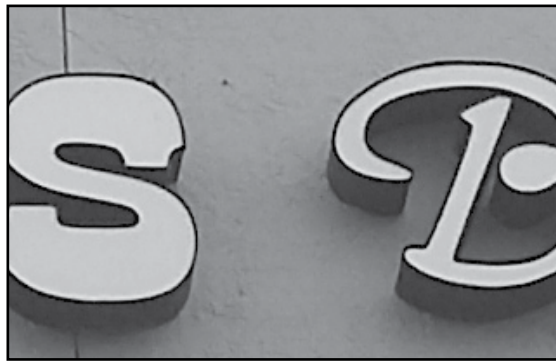


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WHAT'S THIS?



Do you know what this is?

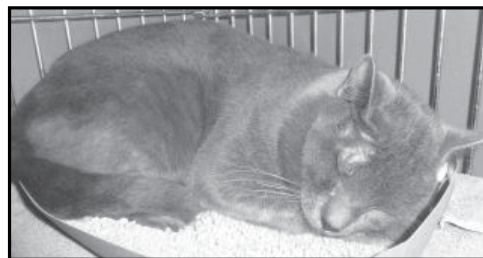
Email answer to pvrecorder@opcfla.com by Monday at 5 p.m.

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.

Three readers correctly identified last week's photo as the front of the Ponte Vedra Recorder office. The winner of the draw was **Julie L. Briggs**. Congratulations, Julie — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET



CAT OF THE WEEK

Pickles was picked up and brought to the Pet Center as a stray. He is a grey, neutered male domestic shorthair. He is shy, but very sweet and lovable — he just wants to be scratched behind his ears and cuddled in his new furrever home. Come see Pickles today at the Pet Center. #51893

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.**



DOG OF THE WEEK

Boone was brought to the Pet Center as a stray. This sweet, handsome boy is a 3-year-old neutered male terrier mix. He is house-

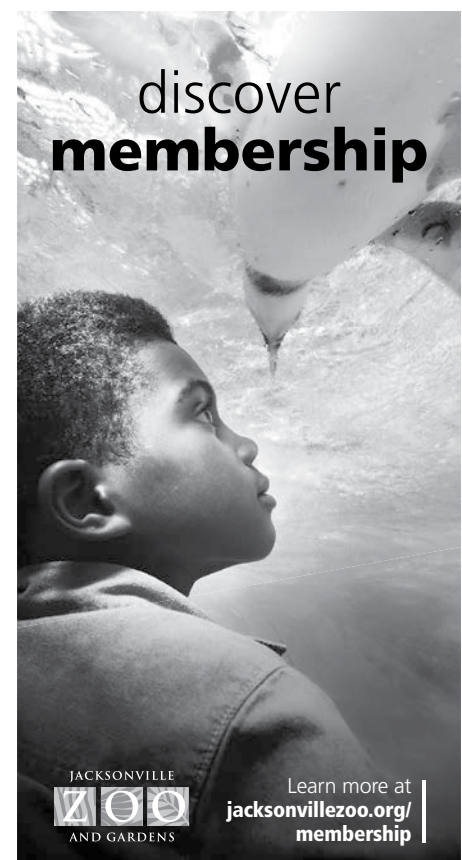
trained, great on a leash, good with other dogs, kids and very lovable. Come see Boone today at the Pet Center. #52408

PUZZLE SOLUTIONS

A	R	U	B	A	W	A	S	A	T	O	M
W	O	R	L	D	H	I	P	S	C	H	W
N	O	D	A	L	E	R	A	H	E	A	L
F	U	S	I	O	N	S	W	E	D	I	S
E	B	B	A	M	O	K					
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R	O	V	E	A	L	B	S	L	U	N	A
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S	T	R	I	P	S	M	U	G	K	N	E
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L	O	A	N	O	N	E					
R	U	S	S	I	A	N	I	N	D	I	A
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S	T	I	N	G	M	A	P	W	H	O	S
T	O	T	E	A	D	S	S	T	E	T	S

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

Solutions correspond to last week's puzzles.



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Oceanfront Masterpiece

Private gated 1.78-acre estate, known as Turtle Hall, exemplifies luxury oceanfront living. With 165 ft of ocean frontage this custom-built estate showcases museum-quality features and craftsmanship throughout this 11,000 sqft home.
5 bedrooms, 6 full / 2 half baths \$8,900,000



Spectacular Water to Golf Views

Located in Sawgrass Island on an estate-sized lot this spacious single-story home showcases spectacular water to golf views. With high ceilings, generous windows, and custom details throughout this home was built to accommodate all your needs.
4 bedrooms, 5.5 bathrooms \$1,575,000



Custom Built Oasis

PRICED WELL BELOW APPRAISAL! Comfort and elegance merge in the thoughtful design of this custom-built home situated on a premium lot in the premiere Plantation community. Gorgeous water to golf views are showcased throughout the home.
4 bedrooms, 5.5 bathrooms \$1,595,000



Stunning Riverfront Estate

Riverfront/ San Marco Instantly makes you feel you've been swept away to a chateau in France. Exquisitely designed with extensive custom finishes, this 10,204-sq-ft. Tudor-style home is a masterpiece in design and built for entertaining.
5 bedroom, 6 full bath, 5 half bath \$6,900,000



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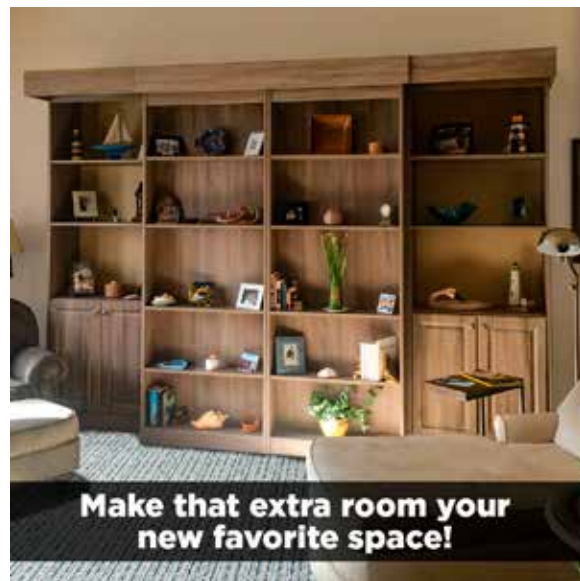
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 Rosemary Jones | 904.501.2482
 RosemaryJones@WatsonRealtyCorp.com



SAWGRASS COUNTRY CLUB

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\$468,000 | MLS 956096
 Jim Zeller | 904.772.5592
 JimZeller@WatsonRealtyCorp.com



ODOMS MILL

757 Mill Stream Rd., Ponte Vedra Beach, FL
\$555,000 | MLS 1023510
 Murray & Elise Beard | 904.465.2784
 MurrayBeard@WatsonRealtyCorp.com



THE WOODLANDS @ PV

240 Woody Creek Dr., Ponte Vedra Beach, FL
\$785,000 | MLS 996245
 Barbara Maple | 904.280.2829
 BarbaraMaple@WatsonRealtyCorp.com



OLD PONTE VEDRA

106 Sea Hammock Way, Ponte Vedra Beach, FL
\$849,900 | MLS 1008668
 Missy DeKay | 904.613.2445



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Mickler's Beach closure raises controversy among residents

By Amber Lake

Mickler's Beach closed suddenly on Monday, Nov. 4, with many families and residents blindsided by the occurrence, causing them to be turned away at the entrance.

A sign posted outside the gate of the parking lot read that the park will be closed Monday through Friday for renourishment operations, offering "alternative beach access" at Jacksonville Beach and Guana Park.

The "renourishment operation" is a project the County Commission voted to approve Oct. 1 that allowed a construction project, contracted by Hayward Construction Group, to use Mickler's Landing as a staging area and storage of sand and heavy equipment necessary to complete a dune restoration. The restoration is paid for and benefits 13 beachfront homeowners along the area who were affected by beach erosion caused by past hurricanes.

A recent County Commission hearing on Nov. 5, revisited the project's outlines, voting 5-0 to review the current agreement to identify a means to provide additional public access.

Commissioner Jeb Smith of District 2 noted that the original presentation to the board was not clear that the beach would be closed completely. Additionally, he said the operational agreement outlined a significantly shorter timeline of completion.



Photo by Amber Lake

Mickler's Beach closes for a staging area and storage of sand and heavy equipment necessary to complete a dune restoration.

"(The operational agreement) was altered in a way that I am not favorable to," Smith said. "I have some very angry people calling me but also it angers me to see the negotiation was not 45-60 calendar days as I anticipated. I am very disappointed."

Commissioner Jeremiah Blocker echoed Smith's sentiments, adding that he was very concerned to see that no significant public notice was in place to allow for residents to be aware of the closure prior to it occurring.

"We need to get back in the business of letting the public know," Blocker said.

"We need to engage them and give them the opportunity to come to these meetings and tell us what their concerns are."

During public comment, residents spoke about their discontent with the closure and the allowance for private property owners to influence public beach access.

"Yesterday morning I stood at the entrance and watched a stream of cars being turned away while 13 homeowners have two perfectly good lots for ocean that they can use for access," said Ponte Vedra Beach resident, Nicole Crosby. "Many such properties were used when sand was trucked in from Matthew and Irma and

Mickler Beach was not closed for that purpose — that's my understanding."

While the county staff is currently looking into solutions for access, County Administrator Michael Wanchick said safety is their number one priority.

"I am not going to open up that access point until we feel that it is safe," he said, adding, "We will move as quickly as we can."

On Monday, Nov. 11, protesters met at Mickler's demonstrating their opposition against any public closure to the beach. Additionally, the group says the geotubes used to anchor sand to the beach also disrupt sea turtle nests. According to a Facebook post from Save Guana Now, the local environmental group involved with the protests, Jim Furyk, pro golfer and one of the beachfront residents attempting to renourish his property was endorsing a revision to the plan to allow for full access.

Currently, the park and parking lot will now be open to the public four days a week including Friday, Saturday, Sunday and Monday. Mickler's will be closed for construction activity three days a week, including Tuesday, Wednesday and Thursday. Construction activity on the beach north of the park will continue while the park and parking lot are open. For updates on Mickler's Beach access, follow the St. Johns County Facebook page, St. Johns County Government Connection or visit their website www.sjcfll.us.

'It's a small park, but it's a place maker'

Mickler's Wharf opens with ribbon cutting, family reunion

By Christine Rodenbaugh

David Plummer's family settled in Palm Valley more than a century ago — he's a Mickler on his mom's side. He liked to fish, and the dead end of Canal Boulevard west of Roscoe Boulevard had always been used as a fishing spot, but it wasn't always safe.

Plummer grew up in Palm Valley fishing along "the ditch." Back in 1972, boaters could fuel up from the water at Palm Valley Landing when the closest store was Pantry Pride in Jacksonville Beach. Since then, all that remained was a rough road that dead ended at a seawall. Plummer called the unimproved site a hazard



Mickler's Wharf at the west end of Canal Boulevard was officially opened with a ribbon-cutting ceremony Friday, Nov. 8. In the center cutting the ribbon are Rob Schlingmann, chair of the Ponte Vedra Greenway Alliance, Deb Chapin, founder of the Ponte Vedra Greenway Alliance and David Plummer of Outback Marine Construction.

Photos by Christine Rodenbaugh

that dropped off into sharp oyster beds and metal with no way to exit the water. Currently, most access to the Intracoastal Waterway along Roscoe Boulevard is closed to the public. Plummer wanted to change that.

He mentioned his vision for a safe recreational area on the water to Deb Chapin, founder of the Ponte Vedra

Greenway Alliance and a member of the St. Johns County Recreation Advisory Board. According to Chapin, the alliance has a mission to build a safe, multi-use recreational path to sites like Mickler's Wharf, eventually creating

PGA Tour identifies new location for cell tower next to Bolles PVB

By Amber Lake

The PGA TOUR has made headway on its commitment to find a resolution on the location of its monopole cell tower.

During the past year, the PGA TOUR announced plans to build a new global headquarters in Ponte Vedra Beach. The move also included a relocation of a cell phone tower closer to the Bolles Lower School Ponte Vedra Beach Campus' playground, which is adjacent to the planned global home.

Many parents and residents were upset over the placement of the monopole, citing the possibility of frequencies emitted by the cell phone tower being dangerous for children.

Kirsten Sabia, PGA TOUR Vice President of Integrated Communications, announced plans for a new destination for the monopole on the the PGA Tour property, further away from Bolles.

"We reached a resolution for the relocation of the monopole," Sabia said. "We worked with Bolles, they've been neigh-

bors of ours for a long time. They continue to be great neighbors. We did our due diligence as we promised their parents to work with the mobile transition consultant to identify a new location and we have identified a spot where we could relocate the monopole cell tower."

Sabia said the new location will be 1,300 feet away from the existing monopole tower.

While the PGA Tour has filed with St. Johns County to have a minor modification to their Planned Unit Development,

the finalization of the move depends on approval from two different public hearings.

On Wednesday, November 20 at 5 p.m. the PGA TOUR will present to the Ponte Vedra Architectural Review Committee at the THE PLAYERS Community Senior Center on Landrum Lane. Then, on Thursday, Dec. 5 at 1 p.m. they will again present at the County Auditorium in St. Augustine with the Planning and Zoning Agency.

"We hope for the best," Sabia said.



Veterans from left, Gabe Gambriell, Joseph Mancino, and John Celluci attend the Veterans Day Celebration at Ponte Vedra Valley Cemetery Monday, Nov. 11.

Ponte Vedra Beach community honors veterans at ceremonies

By Maggie FitzRoy

Scenes from his service during World War II remain fresh in Joseph Mancino's mind. The 94-year-old U.S. Navy veteran served for four years in the South Pacific aboard the USS Griffin.

Monday morning, he came to the 21st annual Veterans Day Celebration at Ponte Vedra Valley Cemetery. The Ponte Vedra Beach resident came with his son-in-law John Celluci, also a Navy veteran, and friend Gabe Gambriell, who

served in the Air Force.

Mancino said he comes every year.

"It's great," he said. "Fantastic."

Cemetery owner Brent Headrick opened the event by introducing members of a motorcycle entrance procession by the Southern Cruisers Riding Club, Christian Motorcycle Association, American Legion Riders and 7 Bridges Scooter Club.

They were followed by U.S.



Photos by Maggie FitzRoy

VETERANS continues on Page 13 Jim Sloan plays Scottish bagpipes.

The Chainsmokers to join THE PLAYERS for Military Appreciation Day

THE PLAYERS Championship tournament officials recently announced award-winning duo, The Chainsmokers, will highlight the tournament's Military Appreciation Day Ceremony on Tuesday, March 10, 2020, at THE PLAYERS Stadium Course at TPC Sawgrass.

The performance will take place on the world-famous island green 17th hole and is the headline act of several military-focused initiatives throughout tournament week that will honor members of the U.S. Armed Forces and their families. The concert will immediately follow the Military Appreciation Day Ceremony beginning at 5 p.m. Tickets for Tuesday's practice round at THE PLAYERS Championship offer fans an opportunity to watch the best players in the world prepare at the purest test in golf as well as attend the Military Appreciation Day Ceremony and Concert for \$45 and up. Tuesday parking is \$15 and must be purchased in advance.

The Grammy Award-winning duo The Chainsmokers have developed some of the biggest breakthrough songs over the last few years, including multi-platinum certified hits "Roses," "Don't Let Me Down" and "Closer," which went on to become the longest running No. 1 single of 2016 on the Billboard Hot 100 chart.

"Military Appreciation Day at THE PLAYERS has quickly become a tradition that our players, sponsors, fans and staff look forward to as a way to pay our respects to our country's service members and their families," said Jared Rice, Executive Director of THE PLAYERS Championship. "Hosting an act of the size and scope of The Chainsmokers shows the growth in status and stature of THE PLAYERS, and we fully expect Tuesday's practice round and Military Appreciation Day tickets to sell out before the event. The stadium at the 17th hole is going to be electric as we combine the best players in the world and the pageantry of our Military Appreciation Ceremony with one of the top music groups in the world, all while generating impact for those who selflessly stand to protect and defend our freedom."

Patriots' Outpost, a hospitality tent located near the tee at No. 16 that is reserved exclusively for the military and provides complimentary food, beverages and activities.

PLAYERS continues on Page 13

Holly Hayes lives in Nocatee with her husband, Robert, and is the mother of five grown children. She is the Branch Manager of the Berkshire Hathaway HomeServices Florida Network Realty—Ponte Vedra Beach/Nocatee office. Entering real estate a decade ago, she persevered, achieved success, and supports many local charities, including the American Heart Association, Dreams Come True, Mission House, Angelwood, K-9s For Warriors and Toys for Tots.

Holly Hayes

As told to Maggie FitzRoy

When did you join Berkshire Hathaway?

In 2008, when it was recession time. Everybody thought I was nuts. I said, ‘I can only go up from here.’

What motivated you to get into real estate at such a time?

I had two children in college, two in high school and one in middle school. And I felt like because of the recession I needed to do something to help them. I wanted to make sure my children didn’t have student loans.

Did you know anyone in real estate?

My mother-in-law, Mary Hayes, had been a Realtor in Chicago. She wanted to go into the business as well here, so we began as a team.

How did you become branch manager?

About five or six years ago, the company asked me to be the manager, but at the time I didn’t think I was ready. Flash forward to 2018—and they asked me if I would reconsider. It was a much better time for me. All my children had graduated from college. I started the position Nov. 1, 2018.

Was the recession a challenge?

It was definitely a challenge. I got business working for sale by owner homes. And my mother-in-law had contacts. Together as a team we got a couple of listings from friends of hers. She didn’t stay in the business. She left after a couple of years.

You are a runner. How do you find the time?

I don’t do as much running as I used to.

How do you find the time to support so many charities?

Through Berkshire Hathaway, we support quite a few. We also do fund raising events at the office. Our office in Sawgrass Village is a drop-off point for Toys for Tots.

How has your life changed with your position as branch manager?

A: I’m a noncompete broker, which means my job is to support the 110 agents in this office. I miss the part about showing homes and traveling around the community. But I love taking care of people. I always treated my clients like



Photo provided by Holly Hayes

family, so I’ve transferred that caring aspect of the job to the people I work with and the agents in my office.

You love to travel; where are you headed to next?

My husband and I marked off bucket

list destinations in the last few years. Greece is next on our list, for the spring of 2020.

DUCK RACE IN NOCATEE RAISES MONEY FOR READING



Photo provided by Karen Everett

Bright yellow ducks raced down the lazy river at Nocatee Nov. 3. A fundraiser for the St. Johns County Learn to Read program, members of the Ponte Vedra Rotary Club "sold" the ducks and raised more than \$8,000 for Learn to Read. Learn more about this community service project and many others coordinated by the club at club meetings on Tuesdays at 7:15 a.m. at Trelor Park Restaurant in Nocatee. Learn more at www.pontevedrarotary.org or email pontevedrarotary@gmail.com and like the Club on Facebook.

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

Area children seeking to send their Christmas wishes to Santa Claus may drop them off at Santa's mailbox located in front of Publix in Sawgrass Village and at the Ponte Vedra Recorder office beginning Friday, Nov. 15. Letters "mailed" between Nov. 15 and Dec. 15 will receive a response from Santa thanks to a special arrangement the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce has made with the North Pole.

Letters will be collected from the special mailbox; Santa asks children to use the special stationery stocked by

all Sawgrass Village businesses. These special letters have a place for addresses so that Santa may mail a response letter. Please make sure you provide your return address!

Things at the North Pole get busy towards Christmas, so the last day to deposit letters will be Dec. 15. The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce also serves as the Ponte Vedra Beach Visitor Center. Call (904) 285-2004 or visit at 200 Solana Road if you have any questions about Santa's mailbox or the area.



Photo provided by the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce
Children deposit letters into Santa's mailbox in 2018.

Shoppers line up for annual Vicar's Landing Holiday Boutique

By Christine Rodenbaugh

Shoppers lined up before the annual Vicar's Landing Holiday Boutique opened at 9 a.m. Tuesday. Volunteer Al Chatkewitz said it took about five days to set up the merchandise in the main room filled with furniture, lamps, glassware, cutlery and decorative items.

The sale was organized by categories including Christmas, linens, art and handmade items. The jewelry room is always one of the most popular, with bargain hunters lined up about 25 deep at 10:30 a.m.

Proceeds from the event benefit the Vicar's Landing Scholarship Fund. Bud Boesel is a retired lawyer and helped draft the Members Association of Vicars Landing's scholarship document. The 501(c)(3) presents several awards from \$2,500 to a maximum of \$5,250.

"Any employee can use the funds to take a course to become an American citizen or to improve skills," Boesel said. "It's paid directly to the school for tuition or books. The total is about \$185,000 each year."

Chatkewitz said the event raises funds for employees and provides bargains for shoppers. "It's a great deal for both sides," he said.

Anna Manukyan said she looks forward to the sale every year. "The old culture, you cannot find it today," she said.



Photos by Christine Rodenbaugh



ABOVE: Linda Sole displays the sea turtle artwork she purchased at the annual Vicar's Landing Holiday Boutique on Tuesday, Nov. 12. "Everybody wanted him," she said. "I don't know how I got him." This was her second year attending the sale because "they have some great buys."



LEFT: Volunteer Al Chatkewitz holds one of the many glass and ceramic items for sale in the main room. He said it took five days to set up just the main sales floor.



Nancy Hotchkiss (left) was the first person in line. Volunteer Shirley Patterson (right) helps Hotchkiss choose a piece of jewelry. The jewelry room is one of the most popular each year.



Linda DuPont (left) and Karen Schullman found some small treasures to take home.

Kate Amato Foundation to host charity wine dinner

By Daniela Toporek

To commence the season of giving, the Kate Amato Foundation has partnered with Aqua Grill to host a charity wine dinner at 6 p.m., Sunday, Nov. 24.

The dinner is part of the annual Kate Klassic Golf Tournament, honoring and celebrating the life of 11-year-old, Kate Amato, who died battling pediatric cancer.

The four-course dinner, collaborated between the foundation, Jordan Winery and Aqua Grill Executive Chef, Mike Thomashunis, will offer a variety of dishes from the sea, land and sky, using unique ingredients for a custom-twist and specifically-paired wines for each course.

Tickets are \$250, which includes dinner, wine and gratuity. Proceeds from both the tournament and dinner will go to the Kate Amato Foundation, helping children and funding pediatric cancer research.

"I'd like to tell the Ponte Vedra Beach community that we are deeply grateful for their continued support and encouragement," Lisa Amato, cofounder of the Kate Amato Foundation and Kate's mother, said. "Kate's legacy is being forged by the collective kindness and determination of our community to find cures for pediatric cancer."

For more on the Kate Amato Foundation and its charity wine dinner, visit www.kateamatofoundation.org.

Hey Kids ... Send your letters to Santa

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

Dear Santa,



Mailboxes in place Nov. 15 until Dec. 15
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Rotary Club of Ponte Vedra Beach celebrates Ponte Vedra Recorder Day

By Maggie FitzRoy

The Rotary Club of Ponte Vedra Beach held its weekly Thursday morning breakfast meeting Nov. 7 at Ruth's Chris Steakhouse to honor and celebrate the Ponte Vedra Recorder's 50th anniversary.

The club presented Publisher Susan Griffin with an award of appreciation and recognition. County Commissioner Jeremiah Blocker then officially proclaimed the day "Ponte Vedra Recorder Day" in recognition of the publication's service to the community for five decades.

Rotary Club President Vickie Cavey also congratulated Griffin for her 25 years with the paper. Present and former employees, including past editors Jennifer Logue and Jon Blauvelt, Gloria Dongara, Ed Johnson, Kristin Flangan, Tim Emyer and Clare Berry were then called to join Griffin on the stage.

"She is the paper, she embodies everything about community news," Dongara said of Griffin during a short speech of congratulations.



RIGHT: The Rotary Club of Ponte Vedra Beach President Vickie Cavey (right) congratulates Ponte Vedra Recorder Publisher Susan Griffin at the club's honorary breakfast Nov. 7 at Ruth's Chris Steakhouse.



Former editor Jennifer Logue (from left), Publisher Susan Griffin, former editor Jon Blauvelt



BELOW: St. Johns County Commissioner Jeremiah Blocker reads a proclamation about Ponte Vedra Recorder Day.

Photos by Maggie FitzRoy

RECORDER continues on Page 11

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The Ponte Vedra Recorder will run "Throwback Thursday" items throughout the year to celebrate the Recorder's 50th anniversary. This week, a look back at the Recorder's subscription house ad, an ad for the Surf Shop and a section cover from March 19, 2004 featuring actress Goldie Hawn's visit to the First Coast. If you have any old clippings of articles, stories or ads that you would like to share from the past 50 years of the Recorder, send them to pvrecorder@opcfla.com.



Fragrances of Florida Presents
"An Evening With Goldie Hawn"
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 Sunday, March 21, 2004 • The Florida Theatre



Photo by Maggie FitzRoy

The Rotary Club of Ponte Vedra Beach President Vickie Cavey (center) congratulates present and past employees.

Recorder

Continued from 10

"We are honored to recognize the Recorder and their great team," Cavey said. "I think everyone in this room has been touched by the Ponte Vedra Recorder, usually good."

After Blocker read the proclamation, projected onto a screen, Griffin was handed the microphone.

"We are very honored to receive this, it's official," Griffin said with a smile, encouraging everyone to get themselves a copy of the Nov. 7 keepsake 50th anniversary issue.

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Surrounded by generations of the Mickler family, David Plummer dedicates Mickler's Wharf on Saturday, Nov. 9 saying, "I dedicate this to Palm Valley citizens old and new, and hope we enjoy it for the next 100 years."

Photo by Christine Rodenbaugh



Wharf

Continued from 4

a walkable loop to connect the wharf, Sawgrass Village, Mickler's Landing at the beach and Guana park trails.

Plummer, who owns Outback Marine Construction, provided labor and Chapin

went to work to secure grants. When the project was made public, businesses and individuals approached Plummer and offered their help – some with monetary donations, others with in-kind support.

The official ribbon cutting to open the dock took place Nov. 8 with several of the stakeholders on hand.

"It's a small park, but it's a place maker," State Representative Cyndi Stevenson said. She described the scenery as "powerful," and sees it as a place where people will bring the kids, take photographs and even paint.

"We'd be doing this (ribbon cutting) a year from now if it was all up to me," Plummer said. "If ever there was a definition of a community project, this is it."

Plummer worked to secure permits from the Corps of Engineers and Chapin worked with St. Johns County officials and the University of Florida Sea Grant program. There were many hoops to jump through along the way.

"David's passionate and he followed through when, at times, it seemed like we were being squashed," Chapin said.

On Saturday, Nov. 9, Mickler family members from near and far gathered for a reunion to celebrate the opening of Mickler's Wharf. Surrounded by several generations, David Plummer and his mom, Merline Mickler-jobs, dedicated the dock.

"I dedicate this to Palm Valley citizens old and new, and hope we enjoy it for the next 100 years," Plummer said.



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Ponte Vedra Campus
November 19, 6-8 p.m.

Whitehurst Campus
December 3, 6-8 p.m.

Bartram Campus
January 16, 9-11 a.m.

San Jose Campus
December 13, 8:30 a.m.



ABOVE: A motorcycle entrance procession leads the Veterans Day Celebration at Ponte Vedra Valley Cemetery Nov. 11.



RIGHT: At the Veterans Day Luncheon Nov. 7 at THE PLAYERS Community Senior Center, pianist Steve Chapman leads a patriotic sing-a-long.

Photos by Maggie FitzRoy

Veterans

Continued from 5

Army veteran Jim Sloan playing Scottish bagpipes; a presentation of colors by the Nease High School NJROTC; a Riderless Horse; and the Pledge of Allegiance by Commander Caroline Merillat of American Legion Palm Valley Post 233.

Rev. Dr. Willaim Ziegenfuss, a past president of the Jacksonville branch of the Sons of the American Revolution, gave the invocation. Then guest speaker Charlie Zuhoski, a retired Naval Lieutenant and fighter pilot who became a prisoner of war in Vietnam, spoke about what Veterans Day means to him.

“Veterans Day — I look at it as being for those who have served in the military and those that are still serving in the military,” he said. In contrast to Memorial Day, which honors those who died while serving in war, he said Veterans Day to him is mostly for those who are living. Those who come home and marry and raise a family and embark on a career, as he did. “They are members of the community who make this country great after they’ve served,” he said. “There are members of this community who are veterans, and you don’t even know it.”

Community veterans were also honored at THE PLAYERS Community Senior Center. On Thursday, Nov. 7, pianist Steve Chapman led a rousing, patriotic sing-a-long. Volunteers from the Ponte Vedra Rotary Club of Ponte Vedra Beach served a special BBQ lunch. As part of the festivities, Rotary member Bruce Barber thanked all of the military veterans there that day, including some who had served during the Korean War

and Vietnam War. Veterans honored included Dennis Sheils, Satish Chander, Ray Rodgers, Joe D’Aluia, Jeff Kull, Pat McFarland, Tom Conrad, Ted Verber, Albert DiBella, Doris Gillane, Joe Levine, David Omerad, Eugene Stidfole and Renato Olaes.

“We thank all of you for coming,” Barber said, after giving each veteran a chance to introduce himself or herself and say a few words if they wished. “Thank you for celebrating Veterans Day.”

PLAYERS

Continued from 5

Prior to tournament week, THE PLAYERS will host its eighth annual Military Job Fair on Saturday, March 7, from 11 a.m. to 2 p.m. in the Birdies for the Brave Outpost at TPC Sawgrass. The Military Job Fair is free and open to military personnel, veterans and military spouses who are seeking employment. Approximately 50 companies with open hiring opportunities are

expected to be in attendance.

On Sunday, March 8, THE PLAYERS and Birdies for the Brave will again partner with Operation Shower to host an invitation-only baby shower for 40 military moms-to-be. Scheduled to be held from noon to 2 p.m. in the Birdies for the Brave Patriots’ Outpost, the event will feature Operation Shower’s signature “Shower-In-A-Box,” high-quality gifts for the moms and babies provided by sponsors and donors.

For more information about THE PLAYERS, visit THEPLAYERS.com.

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Churchmen luncheon features racing legend Haywood

By Paris Moulden

Legendary endurance race car driver Hurley Haywood has lived quite an exciting life, and he's sharing much of it through his book, and a recently released documentary.

He also recently shared his compelling history with the area Churchmen members as the featured guest speaker at the organization's monthly lunch in October at Sawgrass Beach Club.

Haywood discussed his storied racing career and revealed some fascinating, and little-known, details about professional racing during a question-and-answer session with the members.

Haywood's racing career began in the late 1960s along with his almost unprecedented relationship with Brumos Porsche, which lasted more than 40 years. Brumos Porsche was sold to Fields Auto Group four years ago, but Haywood was able to maintain his role with the company and continue his close connection to Porsche.

And Haywood is particularly excited about the upcoming opening of The Brumos Collection, which will be showcased at a new, 35,000-square-foot, state-of-the-art building currently under construction in Jacksonville, and slated to open to the public in January 2020.

"We're really excited about that," Haywood said. "Our mission is to try and get as many drivers who drove for Brumos over the years to the grand opening."

Haywood's relationship with Brumos led to five victories at the Rolex 24 Hours



ABOVE: Bishop Ed Chalfant (from left), Churchmen Vice Chair Bo Fedak, Churchmen Past Chairman John Flynn, Hurley Haywood, Churchmen Chair David Gleason and Amelia Island Concours d'Elegance Founder and Director Bill Warner pose together before the Churchmen's monthly luncheon featuring Haywood as the guest speaker last month.



LEFT: Haywood speaks to Churchmen members about his storied racing career.

Photos by Paris Moulden

of Daytona, three 24 Hours of Le Mans titles and two wins at the 12 Hours of Sebring, and he and racing partner Peter Gregg formed one of the most successful

and fascinating racing teams of all time.

Much of Haywood's life story is detailed in his book "Hurley: From the Beginning," and is also featured in a recently

released documentary "Hurley," which was produced by actor and race car driver Patrick Dempsey and currently available on Amazon Prime Video and other streaming networks.

"So many people have commented on how positive it was," Haywood said about the film.

Haywood also discussed the changes in racing over the years, and shared some behind-the-scenes details, like how much water weight he'd lose behind the wheel of a car due to the heat and exertion needed in those days. Without air conditioning, the cars' temperatures could easily reach well into the 90s, and there were no power steering, automatic transmissions or antilock brakes, so maneuvering those machines took a physical toll.

"Racing, especially racing long distance, is all a game of strategy," Haywood said.

Haywood said although the cars have changed a lot technologically and safety has improved greatly, the newer cars may have too much going on.

"I couldn't drive a modern race car, with all the things you have to monitor," he said.

But when it comes to cars, Porsche will always be No. 1 for Haywood, now and in the future.

"My favorite Porsche is next year's," he said.

The Churchmen is a non-denominational, all-male organization that holds monthly luncheons featuring a guest speaker as well as an annual Spring Fling.

OBITUARIES

Daryl Stamm Barker

Daryl Stamm Barker, our adored wife, mother and nana, passed away November 7, 2019, peacefully at home. She was born in Elizabeth, New Jersey, January 8, 1932, the daughter of Kathryn Charlotte Wright and Walter Gunthard Stamm.

She attended Rollins College in Winter Park, Florida, from 1949-1953 and majored in Economics and Spanish. She played basketball, was a synchronized swimmer and a Red Cross Lifeguard Instructor. While at Rollins, she met Frank H. Barker and they were married August 4, 1953. Their college romance lasted 66 years.

She was an educator, teaching elementary school in Duval and Palm Beach Counties. She traveled the world, was an avid reader, loved cultural events, but most of all loved being with her family.

She is survived by her husband of 66 years Frank, her son Bruce and his wife Pam, her daughter Doane and her husband Kurt, and her grandchildren Chris, Jake, Kevin, Jamie and Alyssa.

A Funeral Service was held Tuesday, November 12, 2019, at the Redeemer Church at 190 South Roscoe Blvd., Ponte Vedra Beach, Florida at 11 O'clock.

In lieu of flowers, donations can be made to the Cultural Center of Ponte Vedra Beach or the Douglas Anderson School of the Arts Foundation. Please visit our online Tribute at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



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Sandra Madura

Sandra Madura, 69, of Ponte Vedra Beach, Florida, passed away November 5, 2019. She was born on December 21, 1949 in Chicago, Illinois.

Sandy owned her own business up till her passing for 20+ years in Ponte Vedra Beach, Florida, called Elements Salon & Day Spa. She had a passion like no other for her profession as a cosmetologist. Through that passion she developed a great clientele, many of whom became friends. She had a kind heart, was selfless, compassionate, and known as a great listener. She loved her family, friends, dogs, and books. She will be missed dearly by many.

Sandy is survived by her loving husband of 46 years, Arthur Madura; and her

daughter, Amanda Madura.

A private Memorial Service will be held November 18, 2019.

In lieu of flowers, donations may be made to: The Foundation for Women's Cancer. You can donate if you would like in the honor/remembrance of Sandra Madura. <https://www.foundationforwomenscancer.org/support-us/donate/>

Please visit the online Tribute at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



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Hollis M. Ballentine

Hollis M. Ballentine, 97, of Neptune Beach, Florida, died Nov. 10, 2019.

Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100. www.quinn-shalz.com.

David M. Fellin

David M. Fellin, 56, of Ponte Vedra Beach, Florida, died Nov. 7, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100. www.quinn-shalz.com.

Susan Fox

Susan Fox, 79, of Ponte Vedra, Florida, died Nov. 5, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com

James "Jim" Mann

James "Jim" Mann, 77, of Ponte Vedra Beach, Florida, died Nov. 5, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravally.com

Norma Jean Martin

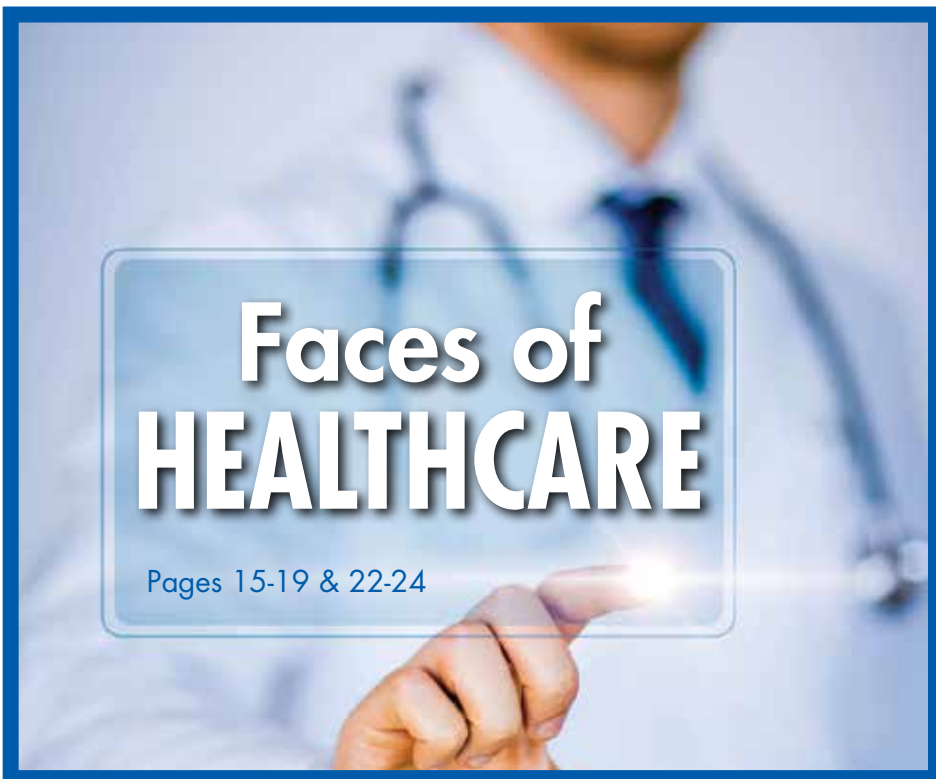
Norma Jean Martin, 75, of Neptune Beach, Florida, died Nov. 4, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre – (904) 249-1100 – www.quinn-shalz.com.

Malcolm Jackson Morison III

Malcolm Jackson Morison III, 76, of Ponte Vedra Beach, Florida, died Nov. 6, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100. www.quinn-shalz.com.

Constance Blaisdell Nickerson

Constance Blaisdell Nickerson, 96, of Atlantic Beach, Florida, died Oct. 28, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre.



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Pages 15-19 & 22-24

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Wildflower Healthcare measures success through changed lives

Tim Tebow shares message of faith, hope and love at annual fundraiser

By Christine Rodenbaugh

The 2019 Gift of Health Gala to benefit Wildflower Healthcare was sold out. But fewer than 50 guests gained entry to the meet-and-greet part of the evening with former Nease High School quarterback Tim Tebow, who gained national fame after he went on to help lead the University of Florida Gators to two national championships in three years.

The Heisman Trophy winner was warm and friendly with guests, taking the time to chat and pose for photographs before the dinner and presentation Nov. 7 at the Embassy Suites in St. Augustine.

"He's a good representative to be our speaker," Wildflower Executive Director Chris Mastoridis said. "The type of mission work he does mirrors what we do."

The difference is demographics: Tebow's foundation focuses on children and youth while Wildflower supports adults.

"Our success is measured through the lives we change," Mastoridis said.

Wildflower Healthcare has been in St. Johns County for 24 years, and while the nonprofit is perceived as predominantly helping the homeless, Mastoridis said less than 3% of patients are homeless. Since January, the nonprofit has provided 2,235 medical and dental patient visits, held 152 community outreach screening events and facilitated six free pop-up flu vaccine shot clinics. Services are free to uninsured St. Johns County residents who are age 18 or older with household income at or less than 200% of the Federal Poverty Guidelines.

To further support Wildflower, attendees had the opportunity to participate in the silent auction for a variety of items donated by local businesses and artisans. In addition to Gator gear, there was even a Nease helmet and jersey autographed by Tebow.

Tebow took the stage to hearty applause, shouts of "Go, Gators!" and the obligatory Gator chomp. He said he was impressed with the outpouring of support from the community and the commitment and passion of the Wildflower staff and volunteers.

"You have come together to change lives for people who really need it," he said.

After sharing his agonizing college commitment decision, Tebow spoke about his life-changing experience on a mission trip to the Philippines as a teenager. His takeaway from that trip was the value of "helping people who can never help you back." And he commended the audience for their willingness to help others.

"You're here because you believe in people," he said. "When they understand how much you care about them, it changes everything."

He went on to explain that material possessions, trophies or championships do not give a person significance. "God gives you significance because He loves you," he said.

"If 50 or 60 years from now I am still introduced as a Heisman Trophy winner, I have failed," Tebow said. "It's about loving people."



Heisman Trophy winner Tim Tebow shares his message of faith, hope and love at the Wildflower Healthcare annual fundraiser.



Photos provided by Wildflower Healthcare
Wildflower Executive Director Chris Mastoridis addresses the crowd at the annual fundraiser, explaining that for every dollar donated, the nonprofit provides \$8 in services.



ABOVE: Everyone at the gala had the opportunity to support Wildflower healthcare by choosing a donation amount from the "Wall of Hope."



LEFT: Tebow signs a Florida Gators jersey for a silent auction at the event.

Dr. Melissa Fenton talks tips, tricks to reduce stress through the holidays

By Daniela Toporek

Sometimes the holiday spirit can be more stressful than jolly. Dr. Melissa Fenton, founder and president of Mind Body and Beyond Center in Jacksonville Beach, gives some tips and tricks to prevent or reduce holiday stress.



Dr. Melissa Fenton



Photo provided by mterocreativeconnection.com

HOLIDAY SHOPPING

What is normally known as “retail therapy,” is actually the opposite during the holiday season. Christmas shopping is one of the most common factors when it comes to holiday stress.

“Shopping for ourselves is therapeutic,” Fenton said. “We’re experts on ourselves, but shopping for others creates a sense of self judgement with the search for the perfect gift.”

Instead of leaving all the shopping duties for the same day, Fenton advises preparing a list of gifts needed and shopping for them in mini shopping trips through the holidays.

“Go to malls at the least busy times and have a list to follow,” she added. “Shopping with a friend helps for support, too.”

For those who get anxious in large crowds and lines, gentle breathing goes a long way. That, and focusing on the positives of holiday shopping, like how happy friends and family will be with their gifts. It’s easy to forget looking at the bright side while fighting over the last pair of size-8 sneakers that Aunt Carol is obsessing over, Fenton said.

HOLIDAY TRAVEL

To make holiday traveling less stressful—as with all traveling—it helps to plan and prepare as early and as much as possible.

Planning and preparation are already stressful, so Fenton suggests sticking to one’s regular routine as much as possible.

“Practice self-care and nurture yourself even while you’re planning,” she said. “Have all your flight or travel information ready so you’ll already be in a calmer place and you’ll feel a difference in your mind and body.”

Traveling with children? Relaxation and meditation apps are the way to go.

“If you’ve got—or are dealing with—screaming kids or irritating travelers, apps are a great way to help breathe and relax,” Fenton said.

HOLIDAY HOST

Whether you’re a holiday traveler or a holiday host, you can’t hide from the holiday hilarity. When hosting a holiday event, hosts tend to be under the impression that every aspect of the gathering needs to be perfectly planned and executed when that’s just not the case.

“We feel like we have to create this magical event and that our house and food have to be perfect,” Fenton said. “So, when we look on Pinterest for ideas, it makes us have unrealistic expectations and feel inferior.”

Focusing on one or two aspects of the event, rather than every single detail, not only alleviates stress, but will also help

perfect those two aspects chosen. The key is to identify what type of gathering you are trying to create.

“What’s the goal you want to achieve, and what’s the minimum that you need,” Fenton said to ask yourself. “Do you want the priority to be food? Put focus on that. Love and connection are what the holidays are really about, and not everyone is going to notice all the time and effort anyway, so enjoy yourself.”

HOLIDAY FAMILY REUNION

This is the moment everyone’s been waiting for. Avoiding the crowd isn’t so hard when it’s outside the house, but when family’s over and in, it’s a different story.

Once again, the key to reducing unnecessary stress is to plan ahead. And when all else fails, plan an escape route, too.

“Plan and keep to a routine,” Fenton repeated. More often than not, there’s always at least one family member who is not so easy to get along with.

Fenton suggests limiting the time spent with that particular person and to focus more time on other family members who you feel comfortable with.

“Don’t assume this visit is going to be any different from the last,” she said. “Assuming it’s going to be different is only going to set you up for failure. You must create boundaries to make sure you feel good and supported. Have realistic expectations and keep to your routine. If you go to therapy sessions, work out, go to support groups or anything like that, keep doing it.”

HOLIDAY GRIEVING

The holidays are a time to reunite with loved ones and unfortunately, that can’t always be possible. The holiday season is a constant trigger to anyone mourning the loss of a loved one and according to Fenton, it’s important to understand that all of it is normal and is part of the heal-

ing process.

“You’re going to feel the loneliness, sadness and pain,” she said. “Allow it. Don’t numb it with alcohol, food, or excess exercise. That just makes it worse.”

While old traditions may not be able to be recreated, new traditions can come to life.

“For example, let’s say your spouse passed away and you always cooked his favorite meal,” Fenton explained. “You can still make his favorite meal and share it with other loved ones to enjoy and create a new tradition.”

Fenton also suggests avoiding isolation, a common trait during mourning, as well as doing something kind for others.

“Grief makes us want to stay home and be miserable. Fight that as best as you can and reach out to those you trust,” she said. “Doing something kind for others also takes the focus off yourself and onto someone else. If we can volunteer or just perform one simple act of kindness, it can really lift our spirits.”

FINAL THOUGHTS

Although each issue above is extremely different from the other, it’s important to notice the common factors they all have for reducing stress this season.

- Plan ahead
 - Make a list
 - Keep to routine
 - Have a circle of trusted loved ones
- Be a nice, optimistic person

“I just want people to know that self-kindness and self-nurturance are a must, so be mindful of that and of where you are on your stress level,” Fenton said. “No one needs to be a martyr. We’ll be less effective to ourselves and others if we don’t take care of ourselves first. The holidays are about love and connection and we can’t forget about ourselves. Give it to yourself, too.”

Optimal Hearing pledges to help people who can’t afford hearing aids

Optimal Hearing recently pledged to provide more than \$200,000 in hearing services and devices to communities throughout Georgia, coastal South Carolina and Northeast Florida.

Founded by Billy R. Pitt in Savannah, Georgia in 1961, Optimal Hearing is currently in its third generation of ownership and management by Gabriel and Nicholas Pitt.

“This pledge honors not only my grandfather’s legacy, but also goes a long way to help us give back to the communities

which have supported Optimal Hearing for nearly 60 years,” said Dr. Gabriel Pitt, AuD, Chief Audiology Officer at Optimal Hearing.

Access to healthcare is a hot-button issue, and hearing healthcare is no exception. With Medicare not providing any hearing aid benefits for most seniors, the out-of-pocket costs associated with better hearing can put audiological services out of reach of some low-income seniors, veterans and

HEARING continues on Page 23

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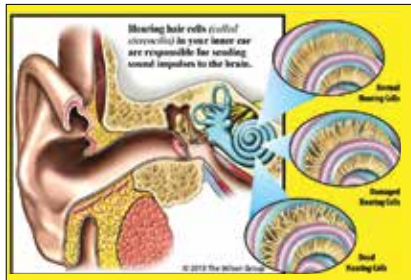
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Cambridge University Study Reveals Key Answer



Until recently, there was no practical way to identify dead regions of hearing cells in the ear. However, a new British-developed procedure using standard test equipment now allows for identification of dead hearing cell regions. The study suggests that the presence or absence of dead regions may have serious implications in the fitting of hearing aids.

This research reveals that amplifying dead cells is a mistake which will result in poorer speech understanding in noise. A new type of digitally programmable microcircuit is now being released from Optimal Hearing Systems that can be programmed to bypass the dead cells. As a result, the patient's usable hearing cells receive amplification, thereby

improving speech understanding in noise.

"We are employing a like method in our diagnostic sound booths using a sound field speech in noise procedure," said Dr. Gabriel Pitt of Optimal Hearing Systems. "This test simulates hearing in a noisy crowd. We are able to determine maximum speech understanding by frequency shaping this new hearing aid." The results have been amazing. For the first time, a patient is able to realize the exact amount of improvement in speech comprehension while in noisy listening environments.

These new products come in all shell sizes, including the smallest digital models, with prices starting as low as \$995. During its release, Optimal Hearing is offering this new frequency-shaping hearing instrument on a 30-day satisfaction trial. "Your satisfaction is absolutely guaranteed," Dr. Pitt said. **Call Optimal Hearing today for an appointment.**

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Last spring, Flagler Health+ posted an open letter to our community, expressing our commitment to reducing healthcare costs and increasing price transparency. We are working hard to achieve this. **We believe that healthcare providers must be prepared to compete on price, while also delivering the highest quality.** The best way to do this is by keeping people healthier and by providing the right care, at the right time, at the right place.

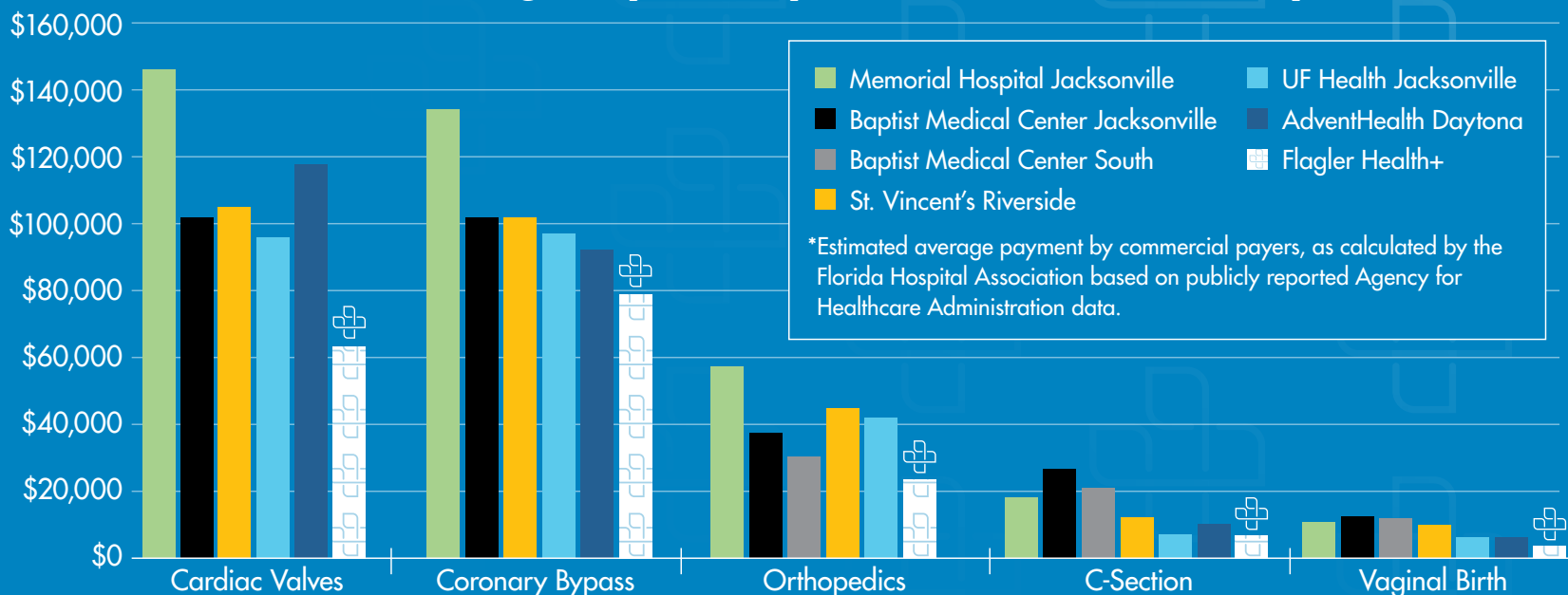
While publishing "prices" might sound simple on the surface, health insurance plans are extremely complex and varied. What many people don't know is that commercial payers (insurance companies) negotiate payment rates with healthcare providers.

There is often a big swing based on size, purchasing power and a commitment to delivering on value.

What does this mean for the consumer? It means higher out-of-pocket costs for commercially insured patients when they receive care at healthcare systems that are being paid at higher rates. Inflated rates at certain healthcare systems also translate to higher overall costs of healthcare in America.

To help illustrate this, **we compared the estimated average payments that Flagler Hospital receives from commercial insurers with other systems in our market** for some of the most common procedures performed. We think the data speaks for itself.

***Estimated Average Payment by Procedure and Health System**



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FlaglerHospital.org

Thursday, Nov. 14	Friday, Nov. 15	Saturday, Nov. 16	Sunday, Nov. 17
<p>Beth El Sisterhood annual Fashion Show Beth El - The Beaches Synagogue will host its annual Sisterhood Fashion Show from 6:30 to 9 p.m., Nov. 14. See the latest fashion trends from A'Propos Boutique and Carla's Shoes & Accessories, as well as a Makeup Master Class by Dior National Makeup Artist, Sara Pierce. Entrance fee is \$18 in advance and \$20 at the door. To purchase tickets, visit www.EventBrite.com and search for "Beth El Sisterhood Annual Fashion Show." Beth El - The Beaches Synagogue is located at 288 N. Roscoe Blvd. in Ponte Vedra Beach.</p> <p>Connecting the Dots: Women, Addiction Treatment and Trauma Lakeview Health, a nationally recognized substance disorder treatment center, will host Connecting the Dots: Women, Trauma and Addiction Treatment from 3 to 6 p.m., Nov. 14. The event includes a professionals networking social, tour of the Jacksonville facility and the presentation featuring Lakeview's new Chief Medical Officer, Lantie Jorandby, M.D., one of the few doctors in the country that's dual-board certified in psychiatry Neurology and Addiction Psychology. The event is open to medical, clinical or behavioral professionals and includes two free CME credits. For more information, call Dani Deyton at (904) 513-5833 or email ddeyton@lakeviewhealth.com. Lakeview Health is located at 1900 Corporate Square Blvd. in Jacksonville.</p> <p>Adventures in Collecting: The Lightner Museum Collectors Forum Art collectors are welcome to the Lightner Museum's inaugural collector's forum, including a distinguished panel of collectors who will share their adventures as collectors and insights on how others can expand their own. The Collector's Forum will be moderated by Lightner Museum's Interim Director, Dr. Rebecca Nagy. Following the Q&A period, attendees can enjoy a tasteful wine-pairing reception and an exclusive look at the newly designed American Art Gallery exhibition area. Reservations are required. To purchase tickets or more information, visit www.Lightner-Museum.org. The Lightner Museum is located at 75 King St. in St. Augustine.</p>	<p>Peace of Heart Community's Low Valley Boil Peace of Heart Community is hosting its first Low Valley Boil event, benefitting those affected with non-verbal autism in the Ponte Vedra community. Experience the Peace of Heart Farm in Palm Valley and enjoy classic country low boil, a cash bar and a bonfire for the record-breaking weather. Attire is country casual and remember to bring friends and family. The Low Valley Boil will be from 6:30 to 9:30 p.m., Nov. 15. Peace of Heart Community Home and Garden is located at 14 S. Roscoe Blvd. in Ponte Vedra Beach.</p> <p>Free kids admission at the MOSH Valid from Nov. 1 through Nov. 30, the Museum of Science and History is offering free admission for children, ages 3 to 12, with the purchase of an adult admission. The offer works for groups that have up to five children. The MOSH features interactive, award-winning exhibitions such as health science exhibition, Health in Motion, and the Florida Naturalist's Center, which houses animals native to Northeast Florida. Daily science shows, live animal shows, planetarium programs and a children's area will not only stimulate the mind, but will also reopen the door of imagination for all ages.</p> <p>Social security workshop The Ponte Vedra Beach Branch Library will host a workshop from 2 to 3:30 p.m., Nov. 15, that will provide those retiring with social security information to make educated decisions for the future. Pens and paper to take notes will be provided. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd. in Ponte Vedra Beach.</p> <p>Ponte Vedra Professional Networking Group meeting The Ponte Vedra Professional Networking Group schedules weekly meetings inside Fidelity Bank, where members network with each other and guests. Each member/guest will introduce themselves and one member will present about the businesses he/she represents. The next meeting is Nov. 15 at 8:45 a.m. Fidelity Bank is located at 110 A1A N. in Ponte Vedra Beach.</p>	<p>A Night in Shanghai Join and support the River Garden from 7 p.m. to 11:30 p.m., Nov. 16, at its "Night in Shanghai" gala at Sawgrass Marriott. The black-tie third annual gala will feature dinner, cocktails, dancing and a silent auction, along with entertainment by the Wah Lum Kung Fu demo team and music by The Voltage Brothers. Proceeds will benefit the River Garden Hebrew Home and Wolfson Health and Aging Center. For ticket prices, to RSVP or more information, call Michelle at (904) 886-8431. Sawgrass Marriott is located at 1000 PGA Tour Blvd. in Ponte Vedra Beach.</p> <p>Titanium Yoga open house and free practice Tour the studio and meet the instructors at Titanium Yoga's open house from 1:30 to 3:30 p.m., Nov. 16, where the staff will provide information for anyone interested in joining. Titanium Yoga will also launch a special where attendees can receive 45 days of practice at the studio for \$45 to new students. The studio will host a mini yoga session, mix-and-mingle time and will end the event with a restorative, oxygen yoga class. Class is open to beginners and yogis of all levels. For more information, call Titanium Yoga at (904) 373-5933. Titanium Yoga is located at 111 Solana Road in Ponte Vedra Beach.</p> <p>First Coast Newcomers Club recreation event The First Coast Newcomers Club will host its recreation event playing date at St. Johns County Clubhouse at 5:45 p.m., Saturday, Nov. 16. The club will host a dinner and bingo night that's free to attend, but with a chance to win a cash prize. Contact the club organizer at (904) 829-0643 to RSVP, the clubhouse location or for more information.</p>	<p>Friendsgiving Potluck All are welcome to attend Palms Presbyterian Church's Friendsgiving potluck at noon, Nov. 17, in Fellowship Hall. Palms will provide the ham, turkey and pumpkin pie. Just bring a favorite soup to share. For more information, contact Holly Inglis at holly.inglis@palmschurch.org. Palms Presbyterian Church is located at 3410 Third St. S. in Jacksonville Beach.</p> <p>Love Me True Rescue, Inc. fundraiser Love Me True Rescue, Inc., a nonprofit that rescues, rehabilitates and finds homes for cats in need, is hosting its one-year anniversary at Trasca & Co. Eatery with a party and fundraiser. Guests will enjoy a day of pizza, drinks, football, a silent auction and lots of cat talk. The fundraiser will be held from 1 to 4 p.m., Nov. 17, and tickets are limited. For more information, email lovemetruerescue@gmail.com. Trasca & Co. Eatery is located at 155 Tourside Drive in Ponte Vedra Beach.</p> <p>Sundays at Surfer the Bar Join Big Fish Power Yoga on Sundays for a free "music & flow" class at Surfer the Bar. The class is held upstairs and runs from 10 to 11 a.m. Bring friends and family and enjoy brunch and mimosas after class. Register under classes at www.bigfishpoweryoga.com. Surfer the Bar is located at 200 First St., in Jacksonville Beach.</p> <p>'Yoga and Brews' at Southern Swells Southern Swells Brewing Co. opens its doors early Sunday mornings for a free yoga class at 11 a.m. The brewery is only open to class participants so they can enjoy a relaxing practice and then, sip on a delicious beer to start off a refreshing, relaxing Sunday. Bring a yoga mat, towel and water bottle. Class is limited to the first 40 participants. For more information, email info@southernswells.com. Southern Swells Brewing Co. is located at 1312 Beach Blvd. in Jacksonville Beach.</p>

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Monday, Nov. 18	Tuesday, Nov. 19	Wednesday, Nov. 20	Thursday, Nov. 21
<p>Legends and the Big Red Bus Local real estate company, The Legends of Real Estate, and ONEBLOOD are partnering up to host a blood drive from 10 a.m. to 3 p.m., Nov. 18, at the Legends of Real Estate offices. Keep a look out for the big red bus. All donors will receive a \$10 egift card and a fleece blanket. For more information, call the Legends of Real Estate at (904) 595-5959 or visit www.oneblood.org. Legends of Real Estate is located at 1236 Third St. S. in Jacksonville Beach.</p> <p>Monday trivia at Mellow Mushroom Join Mellow Mushroom every Monday night at 7 p.m. for trivia with Trivia Nation. This event is free to play and there are prizes for the winners. Mellow Mushroom is located at 1018-2 Third St. N. in Jacksonville Beach.</p> <p>Aardwolf beer-pairing dinner Join Aardwolf Brewery and Hoptinger at Five Points for an intimate beer-pairing dinner from 7 to 9:30 p.m., Nov. 18, featuring five crafted courses paired with five Aardwolf Brewery beers. An Aardwolf team member will talk guests through each course and answer questions about the pairing. Tickets are \$50 per person and seats are limited. To purchase, visit www.EventBrite.com and search for "Aardwolf Beer Pairing Dinner." Hoptinger at Five Points is located at 1037 Park St. in Jacksonville.</p> <p>Mario Kart Mondays at Brix Taphouse 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 week 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>Yoga & Yummies The Ponte Vedra Wellness Center is hosting a "Yoga & Yummies" course for yogis of all levels. The practice will include basic yoga poses, the benefits of yoga for flexibility, breathing and simple routines for daily benefit and to do at home. The practice runs from 5:30 to 6:30 p.m., Nov. 19. For more information, call the Wellness Center at (904) 273-2691. The Ponte Vedra Wellness Center is located at 100 Corridor Road, #220, in Ponte Vedra Beach.</p> <p>Florida Blue free Tuesday at The Cummer 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 and the Cummer Café, which is also open for Tapas Tuesday. This event is sponsored by VyStar Credit Union. The Cummer Museum of Art & Gardens is located at 829 Riverside Ave. in Jacksonville.</p> <p>Men over 40's basketball For men over 40 who are wanting to shoot some hoops, the Men's Over 40 basketball meet-up will be at 6 p.m., Nov. 19, at Palms Presbyterian Church's gymnasium. This recreational group meets Tuesdays for exercise and fellowship and is open to all. For more information, contact Paul Short at 904-626-5305 or short693@comcast.net. Palms Presbyterian Church is located at 3410 Third St. S. in Jacksonville Beach.</p> <p>\$1 Tuesdays for kids at Trasca & Co. Take the kids out to eat and save some money on Tuesdays at Trasca & Co. Eatery. Children eat for \$1 with the purchase of an adult entrée. The special works for dine-in, take-out and deliveries. For more information, call Trasca & Co. Eatery at (904) 395-3989. Trasca & Co. is located at 155 Tourside Drive in Ponte Vedra Beach.</p>	<p>Succulent Strong's DIY holiday wreath Join Miranda Lang, founder of local business, Succulent Strong, at Creative Grain Studio in Jacksonville, from 6:30 to 8:30 p.m., Nov. 20, for a succulent wreath-making class, just in time to decorate for the holidays. Bring a beer or wine of choice (21+) and sip while Lang walks the class through the steps of making a 10-inch succulent wreath and gives everyone some tips and tricks to caring for succulents. Tickets are \$60 and includes all supplies and information on preserving succulent wreaths. To purchase tickets, visit www.creativegrainstudio.com. Creative Grain Studio is located at 1814 Hendricks Ave. in Jacksonville.</p> <p>Wednesday Pier Farmers Market On Wednesdays from 8 a.m. to noon, the Pier Farmers Market at the St. Johns County Pier offers fresh produce, bread and local arts and crafts, ranging from 60 to 80 different vendors. 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>Breastfeeding support group For new mothers who are breastfeeding their infants, this free support group is an opportunity to come share, encourage and learn from other new mothers. The group is facilitated by board certified lactation consultants and certified lactation counselors. This is the ideal class for a mother and baby to attend while on maternity leave. The group will meet at the Y Healthy Living Center Ponte Vedra from 10 to 11 a.m., Nov. 20. To register, visit www.EventBrite.com and search for, "Breastfeeding Support Group," by Baptist Health. For more information, call (904) 202-2229. The Y Healthy Living Center in Ponte Vedra is located at 170 Landrum Lane in Ponte Vedra Beach.</p>	<p>Miranda Lambert at Vystar Veterans Memorial Arena Country star, Miranda Lambert, is back in downtown Jacksonville and performing at the Vystar Veterans Memorial Arena with Maren Morris, Pistol Annies and Ashley McBryde. The show starts at 7 p.m., Nov. 21. Ticket prices start at around \$25 on www.ticketmaster.com. The Vystar Veterans Memorial Arena is located at 300 A Philip Randolph Blvd. in Jacksonville.</p> <p>MOTH with MOCA The Museum of Contemporary Art Jacksonville is hosting its next MOTH (Movies on the House) film from 7 to 9 p.m., Nov. 21. MOTH returns with world cinema connected to exhibitions and focusing on themes of immigration, migration, identity, displacement and home. For this MOTH event, MOCA will feature the 1979 film, "The Stalker." The "Stalker" leads his two clients, a melancholic writer and a professor, on an expedition to a mysterious restricted site known as the "Zone", an area where the normal laws of reality do not apply and remnants of extraterrestrial activity lie undisturbed. The Zone contains a place called the "Room", said to grant wishes of anyone who steps inside. This event is free to attend and open to the public. MOCA Jax is located at 333 N Laura St. in Jacksonville</p> <p>Thirsty Thursday at Al's Pizza What's a better combination than pizza and beer? Every Thursday from open to close, Al's Pizza serves \$1.50 Yuengling Lager and house wines. Al's Pizza is located at 635 A1A N. in Ponte Vedra Beach.</p> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to Daniela@opcfla.com or call (904) 686-3939.</p> <p style="text-align: right;">Compiled by Daniela Toporek</p>

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Dr. Erica Hamer
Guest Columnist

Holiday stress: Take a deep breath

Most of us pay little attention, if any, to the daily functioning of our many physiological systems. Our hearts beat, our digestive systems digest, and our various hormones, such as those deriving from the thyroid gland, adrenal gland, and pancreas, do what they do. It's all good... until it's not.

For example, ongoing stress can do a real number on people and most of the time we don't see it coming. We get a headache, some neck pain, or back pain and keep going. But when problems persist, it's

HAMER continues on Page 23

4 tips for staying healthy during active flu season

By Greg Frank, Ph.D.

Special to the Recorder

You know the signs. The thunderous cough. The pounding headache. The full-body fatigue.

It's the flu. Last fall and winter, influenza sickened roughly 40 million Americans and killed 60,000, according to the Centers for Disease Control and Prevention.

This year's flu season is nearly upon us. Here are four tips to stay healthy.

- 1. An ounce of prevention is worth a pound of cure. People should get the flu vaccine early. Every year, this shot prevents up to 6.7 million flu cases, 87,000 hospitalizations, and 10,000 deaths. The vaccine also helps makes the flu less severe for those who do catch it.

The CDC recommends obtaining a flu shot no later than the end of October. The treatment takes around two weeks to become fully effective, so there's no time to waste.

- 2. Your mom was right: If you do fall ill, remember your mother's advice.

FLU continues on Page 23

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Baptist Beaches nationally recognized with highest score for dedication to patient safety

Baptist Medical Center Beaches received an “A” for patient safety, the highest grade, in the fall 2019 Leapfrog Hospital Safety Grades. The designations recognize Baptist Beaches’ efforts in protecting patients from harm and providing safer health care.

“Safety is our highest priority at Baptist Beaches,” said Joe Mitrick, FACHE, hospital president of Baptist Medical Center Beaches. “We work diligently year-round to monitor and improve safety in every area to ensure patients receive the highest quality care possible.”

Baptist Medical Center Jacksonville and Baptist Medical Center Nassau also received an “A” grade.

The Leapfrog Group is an independent national watchdog organization driven by employers and other purchasers

of health care committed to improving health care quality and safety for consumers and purchasers. The Safety Grade assigns an ‘A’, ‘B’, ‘C’, ‘D’ or ‘F’ grade to all general hospitals across the country based on their performance in preventing medical errors, injuries, accidents, infections and other harms to patients in their care.

“Our No. 1 priority is providing the highest quality of care for our patients,” said David Rice, M.D., senior vice president and chief quality officer of Baptist Health. “Our physicians and team members follow strict safety and quality protocols throughout each patient’s journey to ensure a culture of safety every day.”

Developed under the guidance of a national Expert Panel, the Leapfrog Hospital Safety Grade uses 28 measures of

publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade’s methodology is peer-reviewed and fully transparent, and the results are free to the public.

“‘A’ hospitals show us their leadership is protecting patients from preventable medical harm and error,” said Leah Binder, president and CEO of The Leapfrog Group. “It takes genuine commitment at every level – from clinicians to administrators to the board of directors – and we congratulate the teams who have worked so hard to earn this A.”

To see Baptist Beaches’ full grade details, learn how employers can help, and access patient tips for staying safe in the hospital, visit hospitalsafetygrade.org.

Hamer

Continued from 22

a good policy to begin paying attention. Stress can elevate blood pressure, depress the immune system, cause a person to become more susceptible to infections and cause significant problems with the gastrointestinal system. Serious problems associated with long-term stress include type 2 diabetes, heart attack, stroke and various types of cancer. Overall, stress directly impacts and interferes with the daily functioning of all of our body’s systems.

It is well known that stress increases around the holidays. Buying presents, cleaning, cooking and worrisome memories of what happened during past holidays all serve to ramp up one’s levels of anxiety and stress. The biggest missing ingredient in our holiday rush is a sense of self. We lose sight of ourselves in the maelstrom of events and become a reactive automaton, of sorts. Go here, go there, buy this, buy that, do this or that chore around the

house, and finally go to bed, only to get up early the next morning and start the whole merry-go-round again. All without taking the time to pause and find within ourselves what’s really of value to us and our loved ones at this time of year.

The good news is that there is a better way. We are the ones who get to say how our day is going to go. It is critically important to stop and take a few deep breaths, to find our center, to reconnect with our inner self, to regain the meaning and purpose of our lives. An easy way to return to one’s center is to engage in a practice of daily meditation. First, you don’t need any equipment to practice meditation, other than a comfortable cushion or chair. All you do is close your eyes and concentrate on breathing, imagining your breath going up your spine in the back and down your spine in the front. That’s all there is to it. Count your first cycle of breathing up to ten, then start back over at one. If you notice your thoughts wandering, try restarting your count back at one. The benefit is in the practice itself.

By concentrating on your breathing, you regain mastery over your continual train of thought. You are placing yourself, that is, your inner self, back in control, instead of being overwhelmed by random thoughts regarding what you think you “need” to do.

You don’t need to devote a lot of time to such a practice — maybe 5 to 10 minutes at a time once a day or maybe more if things are really hectic. One of the outcomes of such a meditation practice is reduced stress and enhanced wellness and well-being. It isn’t selfish to carve out a few minutes for ourselves during this busy time of year — we want to be able to enjoy this time of year as much as our loved ones. As a result, the holidays can be transformed into a time of good fellowship and loving family interactions, enjoyed by everyone.

Contributed by Dr. Erica Hamer, DC, DIBCN, DIBE, Board Certified Chiropractic Neurologist and owner of Ponte Vedra Wellness Center with offices in Ponte Vedra Beach and Nocatee Town Center.

Flu

Continued from 22

Drink lots of fluids. Juice, Gatorade, herbal teas, and chicken soup can help fight dehydration. Menthol ointments and humidifiers break up mucus and make it easier to breathe. These treatments aren’t fancy, but they provide real relief.

■ 3. Remember that antibiotics won’t help. Influenza is caused by a virus. Antibiotics, which only treat bacterial infections, are completely useless against viruses.

Not all patients realize this. Many clamor for antibiotics at the first sign of flu-like symptoms.

Such antibiotics won’t make people feel any better. In fact, needlessly taking antibiotics increases people’s risk of future infections. It gives bacteria an opportunity to evolve and become immune to treatments — a phenomenon known as “antimicrobial resistance.”

■ 4. Antibiotics come with risks. Antibiotic overuse accelerates the spread of drug-resistant bacteria known as “superbugs,” which already kill over 160,000 Americans every year.

To fight these superbugs, Congress is currently considering the Developing an Innovative Strategy for Antimicrobial Resistant Microorganisms Act, or DISARM. This bill would incentivize hospitals to use antibiotics appropriately and sparingly. It would also encourage researchers to develop new antibiotics. Along with a package of market incentives for new treatments, the DISARM Act could save thousands of lives.

So remember, get your shots early, follow your mother’s advice, and don’t jeopardize your health by needlessly taking antibiotics.

Greg Frank, Ph.D., is the director of infectious disease policy at the Biotechnology Innovation Organization.

Hearing

Continued from 17

working professionals who may not be able to afford hearing aids through medical or retail avenues. Although hearing aid prices have remained competitive, the average retail price of hearing is typically \$3,000-\$5,000, which can represent a significant expense for seniors or working professionals on a fixed income or budget.

“We understand there is a certain segment of the population that has difficulty accessing better hearing,” said Dr. Pitt. “We see cases like this in our offices, and it saddens us to know we have the ability to help these individuals, but their financial situation doesn’t allow them to move forward. The Community Cares initiative gives our professionals a vehicle to help these individuals on a case by case basis.”

The Optimal Hearing Community Cares application was available as of Nov 1,



Richard Pitt (left) and Billy R. Pitt founded Optimal Hearing in 1961 with the goal of helping families hear better. The Community Cares program was founded to honor the memory of Billy R. Pitt.

Photo provided by Optimal Hearing

and will remain open until the end of the holidays, or until the company reaches its goal of helping 37 families, one for each of the company’s locations, hear better for the holidays. The application can be found at info.optimalhearing.com/community-cares or by calling any of the local offices.

Although Optimal Hearing is a small, family practice, it believes this program and the thousands of dollars being reinvested into the community should help foster a continued environment of trust between the company and the Hard of Hearing (HoH) community it serves.



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Business Weekly

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Should you get an attorney after suffering a personal injury?

Page 29



BLOCKER DISCUSSES VETERAN HEALTH AT CHAMBER LUNCHEON

The Chamber of Commerce Ponte Vedra Beach Division held a luncheon Wednesday, Nov. 6 at Sawgrass Beach Club. Guest speaker was County Commissioner Jeremiah Blocker, and the topic was Fire Watch, a regional program to extinguish veteran suicides. The commissioner addressed efforts to reduce veteran suicides within the area community.

Photos by Susan Griffin



What Oklahoma did was more than OK



Janet Johnson
Guest Columnist

After an historic vote by the Oklahoma Pardon and Parole Board, almost 500 inmates are going to be walking out of prison early after having their sentences for low-level, non-violent crimes commuted.

Oklahoma is certainly not a lib-

eral bastion, but this largest one-day prisoner release in U.S. history came about after Oklahoma voters approved SQ780, making simple drug possession a misdemeanor and allowing those inmates who were already serving felony sentences for such crimes an opportunity to have their sentences commuted.

The mass release would be the largest since President Obama's last act in office — where he commuted the sentences of 330 federal prisoners.

This is an issue that should mat-

ter to Floridians because we have the third largest prison population in the United States, according to the Office of Program Policy Analysis and Government Accountability (OPPAGA). Forty percent, almost half of Florida's prison population, are incarcerated for non-violent crimes. Fifty percent of those offenders are in prison due to drug crimes. This is at a time when there is widespread, bipartisan agreement that mass

JOHNSON continues on Page 30

Financial Focus: What can investors learn from veterans?



Karsten Jacobson
Columnist

Each year, Veterans Day allows us to show our respect for the sacrifices that military veterans have made for our country. But have you ever stopped to think about what lessons our veterans can teach us

about how we conduct various aspects of our lives? For example, consider the following traits and how they might apply to your actions as an investor:

■ **Perseverance** – Even veterans who have not served in armed combat have had to persevere in challenging situations. The military life is not an easy one, as it often involves frequent moves, living in foreign countries, time away from loved ones, and so on. As an investor, in what ways do you need to show perseverance? For one thing, you'll need to stick it out even in the face of volatile markets and short-term losses. And you'll need the discipline to make investing a top priority throughout your life, even with all the other financial demands you face.

■ **Willingness to learn and adapt** – During the course of their service, military veterans frequently need to learn new skills for their deployments. Furthermore, living as they often do in foreign countries, they must adapt to new cultures and customs. When you invest, you're learning new things, not only about changes in the economic environment and new investment opportunities, but also about yourself – your risk tolerance, your investment preferences, and your views about your ideal retirement lifestyle. Your ability to learn new investment

JACOBSON continues on Page 28



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Check presentation cocktail party held at Underwood's

By Maggie FitzRoy

Pink Ribbon Golf Classic charity volunteers surprised and delighted officials from Baptist Medical Center Beaches and Mayo Clinic Jacksonville Nov. 7 during a check presentation party at Underwood's Jewelers in Ponte Vedra Beach.

An actual golf tournament was not held this year, due to renovation of the Ponte Vedra Inn & Club golf course, but generous donors allowed Pink Ribbon co-chair Nancy Morrison to present a check to the two medical facilities for \$174,000. They will split the funds, which will go toward breast cancer research and treatments.

The party was held during a trunk show for David Yurman and Mazza designs.



Christy Bromberg (from left), Clayton Bromberg, Joe Mitrick, President Baptist Medical Center Beaches, Nancy Morrison, co-chair of Pink Ribbon, Robert Maxwell, Mayo Clinic radiologist and Amanda Martin, director of development at Mayo, with the The Pink Ribbon Golf Classic check that was presented during a cocktail party at Underwood Jewelers of Ponte Vedra Nov. 7.

Photos by Maggie FitzRoy



Alyson Cannady (from left), Chris Tchorznicki, Carol Maurer and Cyndi King attend the cocktail party at Underwood Jewelers.



Pink Ribbon volunteers Becky Jewett (left) and Alison McCallum



Millie Harrison of Pink Ribbon (from left), Susan Harris of Mayo Clinic and Melissa Hirneise of Underwood's attend the party.

MULLIGANS PUB RAISES MONEY FOR NATIONAL MS SOCIETY



Photo provided by Hilton Garden Inn

Mulligans Pub donated funds raised during a recent Charity Tap Takeover to the National MS Society. Pictured are PGA Tour Human Resources Senior Manager Rich Vecchio, Hilton Garden Inn Director of Sales Anna Washington and PGA Tour Technical Project Manager Marianne Davis.

Jacobson

Continued from 26

behaviors and to adapt to changing circumstances can help determine your long-term success.

■ **Awareness of the “big picture”** – All members of the military know that their individual duties, while perhaps highly specific, are nonetheless part of a much bigger picture – the security of their country. When you make an investment decision, it might seem relatively minor, but each move you make should contribute to your larger goals – college for your children (or grandchildren), a comfortable retirement, a legacy for your family or any other objective. And if you can keep in mind that your actions are all designed to help you meet these types of goals, you will find it easier to stay focused on your long-term investment strategy and not overreact to negative events, such as market downturns.

■ **Sense of duty** – It goes without saying that veterans and military personnel have felt, and still feel, a

sense of duty. As an investor, you are trying to meet some personal goals, such as an enjoyable retirement lifestyle, but you, too, are acting with a sense of duty in some ways, because you're also investing to help your family. There are the obvious goals, like sending children to college or helping them start a business, but you're also making their lives easier by maintaining your financial independence throughout your life, freeing them of potential financial burdens. This can be seen quite clearly when you take steps, such as purchasing long-term care insurance, to protect yourself from the potentially catastrophic costs of an extended nursing home stay.

Military veterans have a lot to teach us in many activities of life – and investing is one of them. So, on Veterans Day, do what you can to honor our veterans and follow their behaviors as you chart your own financial future.

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

How to know when you need an attorney for personal injuries



David M. Dunlap
Guest Columnist

Personal injuries result from many different circumstances. Sometimes the injuries occur from our own carelessness. Sometimes they occur totally by happenstance and pure accident. But more often than not, they result because

someone else was careless, inattentive or distracted.

Automobile crashes, slip or trip and falls, dangerously defective property or defective products are typical causes of

personal injury cases in Florida. In such situations the at-fault party usually walks away from the incident with little or no consequence. But the injured person may face uncovered medical expenses, property loss, diminished value of a vehicle, inconvenient trips to the doctor or therapist and missed time from work.

Even worse is the change in one's physical health and wellbeing that may adversely affect lifestyles and relationships.

Frequently the most frustrating and long-lasting injuries are ones that cannot be repaired with surgery. These injuries may last a lifetime.

Most of us work hard to stay healthy

and in good shape. Carelessness and/or negligence of another can wreck that in a moment. Almost all personal injury situations involve new injury, new symptoms and aggravation of preexisting previously asymptomatic conditions.

The defense refers to this as a "preexisting condition" and seeks to avoid taking responsibility for the problems they cause. But we all are a current compilation of years of growth and development of our physiological body habitus. We are who we are. Fortunately, Florida law has long since recognized that an at-fault party is equally responsible for causing new injuries/symptoms and aggravating underlying asymptomatic conditions/symptoms.

If you are injured by the carelessness or negligence of another, see a doctor, a chiropractor or a therapist and get checked out. Have the injury documented. Under Florida No-Fault Law, you must do this within 14 days of the incident, or your own automobile medical insurance will be reduced from \$10,000 in coverage to \$2,500. Don't assume you will get over it; get it checked out. Hopefully you have no long-term issues. But the law puts the onus on you to be proactive.

Also, be sure to include Under Insured/Uninsured Motorist Coverage in your automobile insurance policy.

DUNLAP continues on Page 30

Smith Hulsey & Busey prominently ranked by Best Lawyers

Jacksonville-based attorneys, Smith Hulsey & Busey, recently received prominent recognition in Best Lawyers 2020 "Best Law Firms" rankings.

"We're pleased to once again receive great recognition from Best Lawyers," said Steve Busey, chairman of the firm. "These rankings are based upon how clients and colleagues view us, and we are honored to be so highly regarded."

Smith Hulsey & Busey received Tier 1 rankings in Jacksonville for the following practice areas:

■ Bankruptcy and Creditor Debtor Rights / Insolvency and Reorganization Law

■ Commercial Litigation

■ Corporate Law

■ Health Care Law

■ Mergers and Acquisitions Law

■ Real Estate Law

■ Securities Regulation

■ Trusts and Estates Law

The Best Lawyers "Best Law Firms" rankings are based

on a rigorous evaluation process that includes the collection of client and lawyer evaluations, peer review from leading attorneys in their field and review of additional information provided by law firms as part of the formal submission process.

Smith Hulsey & Busey is an independent, full-service business law firm with more than 30 attorneys and is highly regarded for four marquee practice areas: bankruptcy, complex commercial litigation, healthcare and mergers and acquisitions. For more information, visit smithhulsey.com.



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Dunlap

Continued from 29

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insured driver is to purchase UIM from your own carrier. You need to be sure to protect yourself and family. Your personal insurance agent should be happy to explain all your insurance needs to you.

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Johnson

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incarceration is a problem in our country. We have about 5% of the world's population but 20% of the world's prisoners, the highest incarceration rate on earth. (CB-SNEWS.COM, April 23, 2012). Aside from the human toll this epidemic takes on the families of those incarcerated, the cost of incarcerations was estimated to cost U.S. taxpayers \$63.4 billion per year in 2010.

In Oklahoma, the state is expected to save \$11.9 million in average prison costs once the inmates are released, according to KFOR.COM. On a national average, assuming an average cost of \$31,000 per inmate, the country could save \$9.3 billion every year by releasing non-violent drug offenders, according to the Drug Policy Alliance. That amount

doesn't even include the price of investigating and arresting these people to begin with. Oklahoma estimates that it would have cost the state \$12 million to have the inmates serve their full sentences. Oklahoma Governor Kevin Stitt said via Twitter that his goal is about "changing the culture and process as we prepare to release individuals and to help set them up for success upon reentry into society."

The legislation's goal, he tweeted, was "to help nonviolent, low-level offenders and to bring their sentencing time in line with today's laws."

Released offenders had access to Department of Corrections' events aimed at helping them line up jobs, housing, and counseling, as well as aiding them in receiving their driver licenses or IDs.

All of that, plus reuniting families, and a savings of almost \$12 million per year? That's more than OK.



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Scott Costantino is Board Certified by the Florida Bar in Civil Trial Law. He is also Board Certified in Civil Trial Advocacy by the National Board of Trial Advocacy. He has received an AV rating from the Martindale-Hubbell Law Directory and has over 30 years' experience in civil trial practice.

Mr. Costantino has been elected as a Fellow of the International Society of Barristers and is on the ISOB Board of Governors. He is also a member of the American Board of Trial Advocates and was selected as the ABOTA~Jacksonville Chapter's Lawyer of the Year for 2012. He is currently the President of the statewide FLABOTA chapter.

Mr. Costantino has been selected by his peers for inclusion in the publication The Best Lawyers in America. The Costantino Law Firm, P.A. has also been named a Tier 1 firm in Jacksonville by U.S. News - Best Lawyers® "Best Law Firms" for 2019. Mr. Costantino has also been selected for inclusion in Super Lawyers magazine.

The Chester Bedell Inn of Court has designated Mr. Costantino as a Master of the Bench. He has also been named a Life Member of the Million Dollar Advocates Forum.

Mr. Costantino represents clients in complex personal injury matters, including wrongful death, professional liability as well as car, trucking, motorcycle, and bicycle accident cases. Mr. Costantino received his undergraduate and law degrees from the University of Florida. He is the managing shareholder of The Costantino Law Firm, P.A.

Janet E. Johnson, P.A.

Criminal Defense Attorney



Janet 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-Hubbell® 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.

Areas of criminal law that are handled by Janet Johnson:

- DUI Defense • Federal Cases • Robbery/Burglary • Assault & Battery • Juvenile Cases • Domestic Violence • Sex Offenses • Child Abuse/Exploitation • Health Care Fraud • Drug Trafficking/Possession • Shop-Lifting • Probation Violations • White Collar Crime

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They came, they saw, now they want to go

By Maggie FitzRoy

Flo Chiarotti and her friend Sandy Shallow came to The Florida Travel Expo, the largest consumer travel expo in Northeast Florida, on Sunday, Nov. 3, looking for affordable and exciting trip ideas for a group school trip.

"We are getting lots of great ideas," Shallow said. "Everyone so far has been very helpful."

Travelers from around the area came to check out first-class destinations and exotic locations at the free, premier travel expo at World Golf Village Renaissance St. Augustine Resort. About 35 exhibitors specializing in land, sea and air travel were there, and the event also featured educational seminars, packing tips, travel specials, pop-up boutiques, raffle prizes and travel and three resort-wear fashion shows.

More than 600 people pre-registered to attend the first-of-its-kind-in-the-area event, founder and organizer Dorothy Flannery of Ponte Vedra Beach said. She said she was pleased with the turnout.



Melissa Nessonson of Windstar Cruises (right) is on hand to help travelers with trip ideas.



Flo Chiarotti of Ponte Vedra Beach, left, and her friend, Sandy Shallow, look for school trip ideas for the school their children attend.



Photos by Maggie FitzRoy

Cato Fashions models showcase travel-friendly fashions at The Florida Travel Expo.

Berkshire Hathaway HomeServices FNR welcomes new Realtor to Ponte Vedra/Nocatee office



Gene Washington

Berkshire Hathaway HomeServices Florida Network Realty recently welcomes Gene Washington to its Ponte Vedra/Nocatee office.

A Jacksonville native, Washington joins the Ponte Vedra office with a strong background in business and sales, and with deep connections to the Northeast Florida community. As a Realtor, Washington is eager to assist his clients with one of their largest life-decisions – to find a house to call their own. Washington is also an Independent Consulting Certified Arborist with Arborist Solutions, LLC. He is eager to utilize his leadership and management skills to help people as a Realtor in the community he loves.

"Please join me in welcoming Gene

to the Ponte Vedra Office," said Holly Hayes, Broker/Manager of the Ponte Vedra/Nocatee office. "He is driven in real estate – he has a business plan in place and his passion for helping others is evident from the first time you meet him, and his work ethic and values are right in line with our company's values. I'm sure he will shine here at Florida Network Realty."

For more information, Washington can be reached by phone at (904) 610-1130, by email at Gene.Washington@FloridaNetworkRealty.com and online at GeneWashingtonRealtor.com. The Ponte Vedra/Nocatee office is located at 333 Village Main St., Suite 670, Ponte Vedra Beach, Florida 32082.

Jared Policastro named to Forbes Magazine's list of top Next-Gen Wealth Advisors

Morgan Stanley recently announced that Jared Policastro, First Vice President, Portfolio Management Director, Financial Advisor in the firm's Ponte Vedra Beach Wealth Management office, has been named to Forbes Magazine's list of Top Next-Gen Wealth Advisors.

The Forbes listing is a select group of individuals who were born in 1980 or later, have a minimum of four years of industry experience and lead, or are viewed, as potential leaders of their teams.

"I am pleased that Jared Policastro is representing Morgan Stanley," said

Alby Toto, Branch Manager of Morgan Stanley's Ponte Vedra Beach office. "To be named to this list recognizes professionalism and dedication to the needs of his team's valued clients."

Morgan Stanley Wealth Management, a global leader, provides access to a wide range of products and services to individuals, businesses and institutions, including brokerage and investment advisory services, financial and wealth planning, cash management and lending products and services, annuities and insurance, retirement and trust services. Visit www.morganstanley.com for more information.

This chart makes investing look so easy



Harry Pappas
Columnist

The Dow Jones Industrial Average is one of the oldest and best-known indexes in the financial industry. It has become an important barometer of the overall performance of the stock market.

The Dow, which began its career with 12 components, has risen more than 50,000% over its lifetime. During the same period, the U.S.'s nominal gross domestic product has boomed 118,583%, according to Measuring Worth, a website run by academics Lawrence Officer and Samuel Williamson.

Of course, as we all know, the Dow's upside trajectory has been a gut-wrenching journey. For example, it took 25 years for the Dow to recover from the 1929 stock-market crash, and 16 years for stocks to bounce back from the combined effect of the Vietnam War, the 1973 oil shock and the resignation of President Richard Nixon.

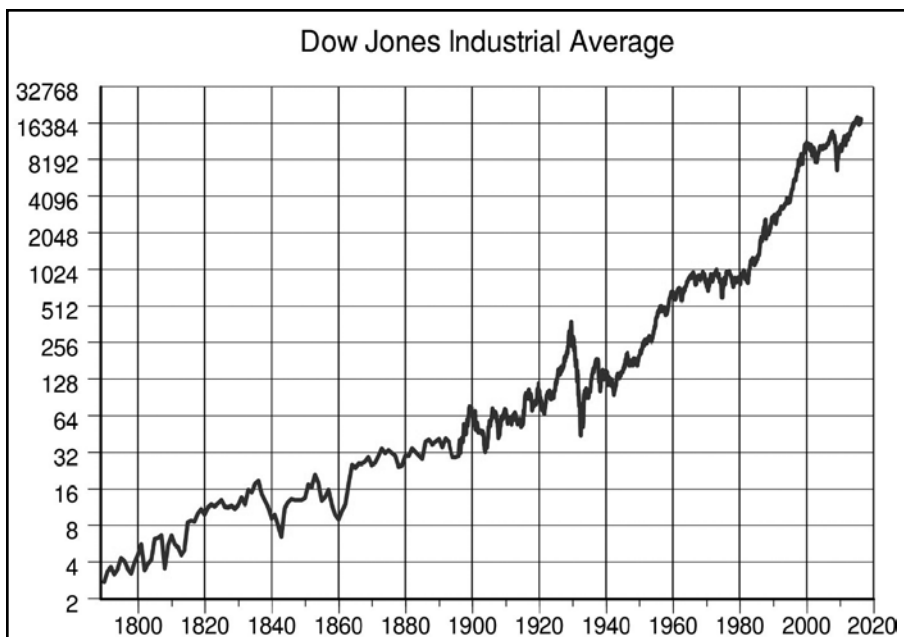
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Past performance is no guarantee of future results. Performance of Dow Jones Industrial Average does not include reinvestment of dividends. Index returns reflect general market results and do not reflect deduction for fees, expenses or taxes applicable to an actual investment. An index is unmanaged and not available for direct investment. The Dow Jones Industrial Average is a price-weighted index of 30 "blue-chip" industrial U.S. stocks.

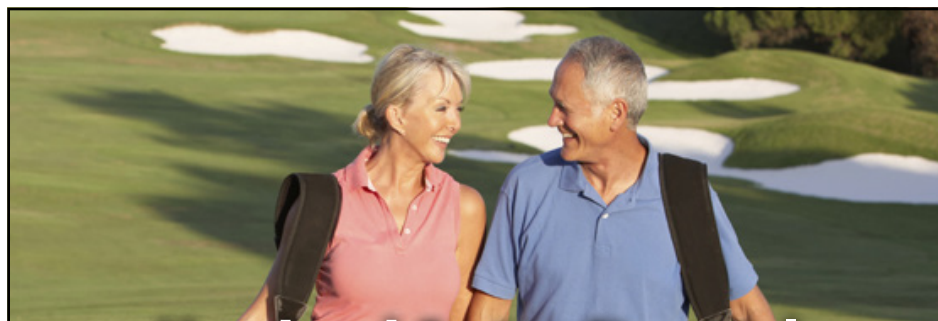
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 OCEANFRONT 2/2 • \$825,000 Susan Fort or Tyler Ackland	 PONTE VEDRA BEACH 4/3 • \$875,000 Patti Armstrong	 PONTE VEDRA BEACH 4/5 • \$1,099,000 Pam Henry	 OCEANFRONT 4/4 • \$1,395,000 Suzie and Rory Connolly	 PONTE VEDRA BEACH 3/3/1 • \$1,250,000 Suzanne Schinsing	 THE PLANTATION AT PV 4/3/1 • \$899,000 Susan Fort or Tyler Ackland
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Allow the chefs at Vernon's take care of Thanksgiving for the whole family. From 12:30-6 p.m., guests can enjoy a buffet dinner with twists on the traditional offerings including a black pepper, honey-glazed turkey with gravy, green bean casserole with Son & Skye mushrooms, sourdough herb stuffing, roasted garlic and smoked salt mashed potatoes, maple bourbon-glazed sweet potatoes, a build-your-own apple cider bar and more. Price is \$68 per adult and \$25 for kids 12 and under. Reservations are highly recommended.

Ruth's Chris Steak House – Ponte Vedra Beach
 (904) 285-0014
 814 A1A North, #103
 Ponte Vedra Beach, Florida, 32082

Start a new Thanksgiving tradition at Ruth's and indulge in a traditional holiday feast starting at \$41.95. Looking for something a little less traditional? Enjoy a cut from one of Ruth's USDA Prime steaks, available all day. The full dinner menu and Thanksgiving Kid's Menu are also available.

Ill Forks
 (904) 928-9277
 9822 Tapestry Park Circle, #111
 Jacksonville, Florida, 32246

Celebrate Thanksgiving with a three-course feast from Ill Forks in Jacksonville, offering spice-rubbed holiday turkey, roasted beef tenderloin, and maple glazed salmon, along with traditional holiday desserts. Prices are \$49 for adults, \$18 for children, along with an additional selection of a la carte items available.

Fogo de Chao Brazilian Steakhouse
 (904) 512-7300
 4784 Town Center Parkway
 Jacksonville, Florida, 32246

Enjoy a Thanksgiving feast, Brazilian style, at Fogo de Chao. Indulge in fire-roasted meats along with traditional Thanksgiving recipes.

Seasons 52
 (904) 645-5252
 5096 Big Island Drive
 Jacksonville, Florida, 32246

Let Seasons 52 serve the classics with roast turkey and savory pan gravy, herb stuffing, Yukon mashed potatoes, green beans and pumpkin pie for the grand finale.

North Beach Bistro
 (904) 372-4105
 725 Atlantic Blvd., #6
 Atlantic Beach, Florida, 32233

North Beach Bistro in Atlantic Beach will be offering Thanksgiving dinner featuring a live grill station, carved turkey, homemade stuffing and trimmings. Price is \$36.95 per person, \$14.95 for children under 12 and free for ages 3 and under.

Hurricane Patty's
 (904) 342-7338
 69 Lewis Blvd.
 St. Augustine, Florida, 32084

For a more casual setting, visit Hurricane Patty's for Thanksgiving and enjoy turkey or prime rib with traditional stuffing, mashed potatoes and gravy, green bean casserole and cranberry sauce. Leave room for dessert with a classic pumpkin or apple pie. The regular dinner menu will also be available throughout the holiday.

Salt at The Ritz-Carlton Amelia Island
 (904) 277-1100
 4750 Amelia Island Parkway
 Amelia Island, Florida, 32084

A sophisticated way to start the holiday season, Salt at The Ritz-Carlton in Amelia Island offers a four-course gourmet experience with Chef Rick Laughlin's interpretation of classic holiday dishes, including roasted turkey breast with confit of turkey croquette, aged cheddar beans, crispy shallots and cranberry marmalade.

Ted's Montana Grill
 (904) 998-0010
 10281 Midtown Parkway, #221
 Jacksonville, Florida, 32246

Ted's Montana Grill will offer a three-course traditional feast, served with roasted turkey and garlic mashed potatoes, turkey gravy, buttered carrots, Aunt Fannie's squash casserole, cranberry sauce and individual-sized apple pecan crisps.

Costa Brava at Casa Monica Resort & Spa
 (904) 810-6810
 95 Cordova St.
 St. Augustine, Florida, 32084

Start Thanksgiving bright and early to enjoy Costa Brava's brunch from 11 a.m. to 3 p.m. Too early to celebrate? No worries, the Spanish and French-Mediterranean-style restaurant will open back up from 5 to 9 p.m. for a curated, four-course Thanksgiving dinner.

Compiled by Daniela Toporek

THEME: THANKSGIVING

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ACROSS

- 1. Slick grp.?
- 5. Mountain basin
- 8. Bygone bird of New Zealand
- 11. Relating to armpit
- 12. Pestilence pest
- 13. End a mission
- 15. Ancient Greece assembly site, pl.
- 16. What little kittens did with their mittens
- 17. *Thanksgiving Cranberry concoction
- 18. *Site of the "First Thanksgiving"
- 20. "Guilty," e.g.
- 21. Kiln, pl.
- 22. ___ Aviv
- 23. *Give what?
- 26. Strangling tool
- 30. Jul. follower
- 31. Pupil protector
- 34. Loads from lodes
- 35. Shows off
- 37. Part of human cage
- 38. Source of indigo dye, pl.
- 39. Laughing on the inside
- 40. Truly

- 42. Highest or lowest card
- 43. Nemo's home plant
- 45. *U.S. President's magnanimous gesture
- 47. Say "no"
- 48. Plural of carpus
- 50. Tom Jones's "___ a Lady"
- 52. *First settlers
- 55. ___ con Carne or ___ Verde
- 56. Fe
- 57. Off-color
- 59. Popular jeans brand
- 60. Attention-getting sound
- 61. Peter, Paul and Mary, e.g.
- 62. Elvis' ___ Now or Never"
- 63. ___ someone off
- 64. Do like goo
- 14. *Macy's parade flyer
- 19. "Haste ___ waste"
- 22. Little bit
- 23. ___ Periódica
- 24. Connected to Lake Michigan
- 25. September stone
- 26. Hurtful remark
- 27. Synonym to #61 Across
- 28. Telephone company
- 29. City in Germany
- 32. Marine eagle
- 33. Jack-in-the-box part
- 36. *First Thanksgiving parade (Philadelphia) sponsor
- 38. What Darwin says we do
- 40. "No room in the ___ for the travelers weary..."
- 41. Print from a smartphone
- 44. Desert mirage
- 46. ___ Bridge in Venice
- 48. The ___ of the Bambino
- 49. What phoenix did
- 50. Bolted
- 51. Hurries
- 52. Hearts and diamonds
- 53. Claudius' heir and successor
- 54. British slang for swindle
- 55. Computer-generated imagery, acr.
- 58. Anonymous John

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MLS# 1020158 / \$599,000

25504 MARSH LANDING PKWY.



Beautiful 4BD, 4BA pool home in Marsh Landing with lake views. Conveniently located by Marsh Landing Country Club.

MLS# 1018451 / \$949,000.



Local artist Lisa Cederberg (left) and Village Arts and Framing Gallery owner Pamela Keegan

Village Arts holds Fall Artists' Open House Meet and Greet

Village Arts and Framing in Sawgrass Village held its Fall Artists' Open House Meet and Greet on Friday, Nov. 8.

All the art in the gallery is original, no copies, owner Pamela Keegan said, a fact of which she is proud.

"We have over 150 original oil, acrylic, watercolor paintings, mixed media and

photography pieces," she said. "I believe we have some of the nicest, most reasonably priced art in the area, by some of the best artists in the area. Join us for this event where our gallery artists will be present to discuss their work and offer

OPEN HOUSE continues on Page 38

first coast ARTISTS

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For more information about these works, the artists, or other works, contact Bob Nickerson at First Coast Artists at 904.280.8187.



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Photo provided by Grand Bohemian Gallery

Lauded French expressionist Jean Claude Roy paints St. Augustine

The Grand Bohemian Gallery in St. Augustine hosted world-renowned French artist Jean Claude Roy on Nov. 8 and 9. His one-man exhibition will span the month of November exclusively at The Grand Bohemian Galleries, the only placed it will be shown in the United States.

A native of Rochefort-Sur-Mer, France, Roy's masterpiece paintings exude his passionate zest for life. He sees the beauty in the everyday and expresses it in each work. His dual studios in France and Newfoundland set the scene for his

SHOWING continues on **Page 38**



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Sun-Fri
6am-11am
Saturday
6am-12pm

Dinner
Mon-Sat
6pm-10pm



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- NOV. 22 THE FAB FOUR "THE ULTIMATE BEATLES TRIBUTE"
- NOV. 23 MASON JENNINGS
- NOV. 24 JOHN OATES WITH THE GOOD ROAD BAND THE RED CLAY STRAYS
- DEC. 5 STAGE FUND PRESENTS A CHRISTMAS CAROL STARRING JASON WOODS
- DEC. 7 JOY TO THE WORLD: MESSIAH FAVORITES & HOLIDAY CAROLS
- DEC. 10 A PETER WHITE CHRISTMAS W/ EDGE GROOVE, VINCENT INGALA & LINDSEY WEBSTER
- DEC. 12 COLTER WALL
- DEC. 19 A ROCKAPPELLA HOLIDAY
- DEC. 20 HORTON'S HOLIDAY HAYRIDE W/ THE REV. HORTON HEAT, 5.6.7.8'S & MORE!
- JAN. 4 DONNA THE BUFFALO
- JAN. 16 RISING APPALACHIA RAYE ZARAGOZA
- JAN. 19 ROBERT CRAY
- JAN. 21 GAELIC STORM
- JAN. 24 INDIGO GIRLS **SOLD OUT**
- JAN. 25 TODD SNIDER
- JAN. 26 LUCINDA WILLIAMS & HER BAND BUICK 6
- JAN. 27 CITIZEN COPE
- JAN. 29 THE TAJ MAHAL QUARTET W/ ROB ICKES & TREY HENSLEY
- JAN. 30 RODNEY CROWELL
- JAN. 31 THE GLORIOUS SONS DES ROCS
- FEB. 1 OVER THE RHINE
- FEB. 4 YOUNDER MOUNTAIN STRING BAND THE TRAVELIN' MCCOURYS

- FEB. 5 ASLEEP AT THE WHEEL
- FEB. 7 MARC COHN
- FEB. 8 DELBERT MCCLINTON
- FEB. 9 LOS LOBOS
- FEB. 10 COLD WAR KIDS OVERCOATS
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- FEB. 21 JIMMY WEBB
- FEB. 27 TOMMY EMMANUEL IDA MAE
- FEB. 28 STEEP CANYON RANGERS
- MAR. 6 GARY GULMAN
- MAR. 10 SOUTHSIDE JOHNNY & THE ASBURY JUKES
- MAR. 12 ERIC JOHNSON
- MAR. 13 THE WEIGHT BAND FEAT. MEMBERS OF THE BAND & LEVON HELM BAND
- MAR. 18 GRAHAM NASH
- MAR. 20 STEVE HACKETT
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The Weight Band returning to Ponte Vedra Concert Hall

The Ponte Vedra Concert Hall has announced the return of The Weight Band featuring members of The Band and the Levon Helm Band to the Ponte Vedra Concert Hall on Friday, March 13, 2020. Tickets went on sale Nov. 8.

Performing its current album, *World Gone Mad*, as well as classic songs of The Band, The Weight Band is led by Jim Weider, a 15-year former member of The Band and Levon Helm Band. The Weight Band originated in 2013 inside the famed Woodstock barn of Levon Helm. Weider was inspired by Helm to carry on the musical legacy of the Rock and Roll Hall of Fame group.

Years of touring have seen The Weight Band revive “The Woodstock Sound,” keeping the spirit of Americana/Roots Rock alive for audiences of all ages. They continue to keep the sound vibrant



Photo provided by Ponte Vedra Concert Hall

by releasing new music, evidenced by the album *World Gone Mad* (February 2018.) Their live set features Weight Band songs from the new album as well as fan favorites from The Band’s treasured catalog, including “Up On Cripple Creek,” “The Weight,” and “The Night They Drove Old Dixie Down.”

The Weight Band includes Brian Mitchell (The Levon Helm Band), Michael Bram (Jason Mraz), Matt

Zeiner (Dickey Betts Band), and Albert Rogers (The Jim Weider Band). With a US and international tour schedule slated for 2019 and beyond, The Weight Band complements The Band’s timeless legacy while pushing the music forward for new audiences.

Tickets are available for purchase at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre Box Offices, and ticketmaster.com.

Open House

Continued from 36

once a year discounts on selected artwork.”

Keegan also said, “With the holidays approaching choose from our wide variety of paintings and photographs and we have just the frame to accent the piece. I have probably the largest selection of frames in Northeast Florida, so we can do framing for any budget and I am indeed thankful for being in business in Ponte Vedra Beach for 27 years and for my many, many loyal clients. We are your neighborhood frame shop and gallery. In a way, we are like family and I look forward to sharing this evening with you.”

Village Arts Framing & Gallery is located at 155 Tourside Drive, Suite 1520, Ponte Vedra Beach. For more information, call (904) 273 4925 or visit www.villageartspvb.com.



Local artists Mary O. Smith (from left), Bob Hughes and Sandra Hughes

Ponte Vedra Writers hosts Open Mic session Nov. 23

Each month, the Ponte Vedra Writers meeting offers professional writing workshops designed to help area authors improve their craft. This month, writers take the stage to share their work with their peers during the annual Open Mic session, Saturday, Nov. 23, at 10:30 a.m. at the Ponte Vedra Beach Branch Library.

Each participating author will have 5 to 10 minutes (depending on the number of readers) to read an excerpt from a selection of his or her choice. The selection can be a work in progress or from a completed and/or published work, fiction, nonfiction, or poetry.

The Nov. 23 meeting is free and open to FWA members and nonmembers. Anyone wishing to participate should contact FWA Regional Director and group leader Vic DiGenti in advance of the meeting at vicdig@mac.com.

The Ponte Vedra Writers group is part of the Florida Writers Association, a state-wide non-profit organization with nearly 1,500 members dedicated to the support of both aspiring and published writers in any genre. For information on FWA, visit www.floridawriters.net.



Photo provided by Grand Bohemian Gallery

Showing

Continued from 37

trademark sun and brilliantly colored, swirling skies. His paintings include images of France’s majestic chateaus, bursting fields of lavender and poppies, lush yellow-green rolling hills and also St. Augustine, Florida. The Casa Monica Hotel, Flagler College, the Bridge of Lions and St. George Street are activated by the bold color and vibrato of the artist.

For more information or to see the new works visit www.exhibitions.bykessler.com/JCROY or call the gallery at 49 King Street at (904) 829-6880 or by email at Summer.Hartley@kesslercollection.com.

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Sports

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THURSDAY, NOVEMBER 14, 2019 • PAGE 40

www.PonteVedraRecorder.com



Ponte Vedra High School senior players reflect on the season after a Class 6A playoff loss to Lake City Columbia last Friday at PVHS. The Sharks ended the season with a 7-3 record.

Sharks' season ends in playoff loss to Columbia

By Jim Moyes

Correspondent

A talented Columbia team defeated Ponte Vedra 14-7 in the Class 6A regional quarterfinals last Friday as the Sharks closed out their season with a 7-3 record. It was the third consecutive year the Sharks have seen their season come to a close in the first game of the playoffs.

A persistent rain, coupled with heavy winds that limited Ponte Vedra's vaunted passing attack to 59 yards, played a huge part in the Sharks' defeat. First year head coach Jeff DiSandro, his players and coaches can take solace that the 2019 Sharks were an overachieving pack of gridders who incurred an abnormal amount of key injuries in posting their winning record.

Lake City Columbia, before dropping three of its last four games, were rated as the No. 1 team in the state in Division 6A, and, with the win over PVHS, have shown it will now be a tough competitor throughout the playoffs.

The visiting Tigers took advantage of great field position early in the first half in posting all 14 of their points. Following a PVHS punt that only reached midfield, coupled with a Sharks penalty for interfer-



Photos by Dylan Lane

The Sharks' Tommy Zitiello stops a Columbia ball carrier during last Friday's game.

ing with the receiver, Columbia only had to traverse 30 yards to score their first touchdown on a pass from Damon Smith

to a wide-open Daniel Bennett.

In what would prove to be the winning points of the contest, Columbia marched

49 yards that culminated in a short 1-yard TD pass from Smith to Marquez Bell. The big play in the drive was when Columbia converted on a critical fourth-down passing play to keep its drive alive. The successful extra point with 9:15 made the score 14-0 and would be the last points Columbia would tally against the string-willed Ponte Vedra defense.

After a scoreless third quarter that was played in a driving rain, the Sharks received a big break early in the fourth quarter when Kyle Bondra recovered a Columbia fumble deep in Tiger territory. It took one play for the Sharks to score their first — and only — touchdown when junior running back Campbell Parker dashed into the end zone from seven yards out to instill hope for the Sharks.

After the Tigers turned the ball over on downs deep in Ponte Vedra territory, the Sharks began a long drive with hopes of tying up the game. Quarterback RJ Glod teamed up with Jack Polian on a third-and-long to pick up a first down.

Mixing up their offense with the run and the pass, the Sharks had moved from their own 4-yard line down to inside the Tigers' 40-yard line before the drive stalled. Columbia then ran out the clock to end the Sharks' season.

PVHS boys golf earns 3rd state title in row

By Alex Barned

Special to the Recorder



Photo provided by Alex Barned

The Ponte Vedra boys golf team hold the trophy after winning its third consecutive Class 2A state championship on Nov. 6.

The Ponte Vedra High boys golf team continued its impressive winning streak, earning its third consecutive Class 2A state championship on Nov. 6.

Whether the fire power to bring the trophy home came from a senior, junior or sophomore, the Sharks prevailed despite their lead narrowing to just one stroke on the second day of the tournament.

Playing on a windy day at the hilly El Campeon course at the Mission Inn Resort at Howey-in-the-Hills, the team became just the third team in FHSAA history to win three consecutive state titles.

Senior Justin Ortigueira led the team with a stellar showing (73-75—148) and came in fourth overall. Sophomore Jack Barned delivered an 18th-hole birdie to help fire up the crowd shooting 74 on the second day to finish with a 149 total and place sixth overall. Sophomore Will McGriff also picked up a top-10 finish (74-77—151) for the Sharks.

With the aid of senior Stuart Slayden and junior Connor Holcroft, the champions edged out American Heritage for another year. The Sharks finished a 604 total win the tournament by six strokes.

PVB resident Derek Sprague among PGA of America Hall of Fame inductees

Davis Love III, Annika Sorenstam also honored as members of 2019 class

PGA Champions Dave Marr II and Davis Love III, women's golf legend Annika Sorenstam and LPGA co-founder Shirley Spork — a foursome that impacted both American and global golf — headed a six-member class inducted Tuesday night into the PGA of America Hall of Fame.

The 2019 class was honored Nov. 5, in conjunction with the PGA's 103rd annual meeting in West Palm Beach. Also entering the Hall of Fame was former PGA President Derek Sprague of Ponte Vedra Beach, and the late golf club designer and philanthropist Karsten Solheim.

Sprague, now of Ponte Vedra Beach, who served in the smallest PGA Section — Northeastern New York — said that through a career and successes he never forgot a note



Photo provided by PGA of America

Derek Sprague, Ponte Vedra Beach resident and former PGA president, was among the 2019 inductees into the PGA of America Hall of Fame.

that his mother placed on his steering wheel one morning: "Be humble."

"We get more done together when we do things in a collaborative nature," Sprague said.

Sorenstam, who retired from competition in 2008, has made the ANNIKA Foundation her signature for the next generation — inspiring young women through fitness, nutrition as well as an ambitious competitive opportunities.

HALL OF FAME continues on Page 42

Public invited to help St. Johns Golf Club break Guinness World Record

Want to add the title "Guinness World Record Breaker" to your resume? You're in luck. The public is invited to help St. Johns Golf Club break the official Guinness World Record for "Most Participants to Hit a Golf Ball into a Target Area Simultaneously" on Saturday, Dec. 14 from 2 to 4 p.m.

St. Johns Golf Club is aiming for 120 participants to beat the existing record of 70 people. Participation is free and balls will be provided. Guests just need to bring a club to hit a 100-yard shot and sign-up in advance on Eventbrite.

There will be Wingin' It Food Truck, vendors, lawn games, and more to celebrate the attempt.

Open daily from 6:30 a.m. to 5:30 p.m., St. Johns Golf Club offers golfers 18 well-maintained, championship holes and welcomes players of all ages and skills. Located 5 minutes west of St. Augustine at 4900 Cypress Links Blvd., Elkton, SJGC offers the area's largest public practice facilities with an expansive grass tee driving range, a private backside tee

area for individual and group instruction, a two-tiered chipping green and a separate, well-manicured putting green.

"As a county-owned golf course, St. Johns Golf Club offers a laid-back, welcoming golf experience for new players, seasoned pros, and everyone in between," said Wes Tucker, Director of Golf at St. Johns Golf Club. "We thought that attempting to break a Guinness World Record would not only be a great way to invite the public to come visit our course while bringing some area pride to St. Johns County for holding a world record."

St. Johns Golf Club is inviting the public to sign-up to help break the official Guinness World Record by reserving a spot on Eventbrite.

For more information on St. Johns Golf Club, go to sjgc.com or follow along on Facebook @stjohnsgolfclub and Instagram @st.johnsgolfclub

For tickets at Eventbrite, go to www.eventbrite.com/e/guinness-world-record-official-attempt-tickets-78477954675

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Photo provided by William Mayer

The Palmer Catholic Academy girls basketball team won its third consecutive league regular season and tournament championship last Wednesday, Nov. 6, defeating San Juan Del Rio at Bishop Kenny 50-22. The girls finished the season with a 16-1 record, improving their record over the last three years to 45-2.

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Hall of Fame

Continued from 41

“It is the whole package,” said Sorenstam. “It is more than golf.”

Spork, one of two surviving founders of the Ladies Professional Golf Association continues an ambitious legacy at age 92, including a nine-hole round each week. “I’m a member of the Nifty Niners,” said Spork.

Of the 13 original LPGA pioneers in 1950, Spork went on to be a co-founder of the LPGA Teaching & Club Professionals Division in 1959. Her proposal was turned down twice before passing by one vote that year.

When Marr captained the 1981 U.S. Ryder Cup Team at Walton Heath in Tadworth, England, there were no vice captains on either side. However, his mother proved to be an onsite MVP that week for a team that featured all but one current or future major champion, Bruce Lietzke.

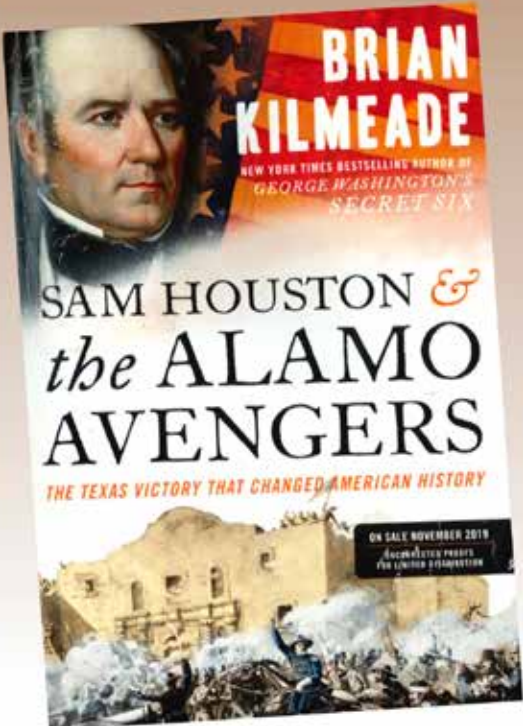
“My grandmother was ‘Captain Mom,’” said David Marr III, who represented his late father along with his brother, Tony. “She was such an important part of that week and of my dad’s life.”

When Marr won the 1965 PGA Championship at Laurel Valley Golf Club in Ligonier, Pennsylvania, his wife gave birth to Tony, three hours after the championship.

Solheim was represented by his son, John K., and grandson, Allan. In a video presentation, golf equipment competitor Ely Callaway paid tribute to Solheim when he said, “He paved the way for all of us. He changed it all.”

Love was unable to attend due to his caddying for his son, Dru, in PGA Tour Qualifying School. In his acceptance message, Love thanked the PGA for support in his two terms as U.S. Ryder Cup Captain and closed by taking off a caddie bib, revealing a 2020 Ryder Cup logo.

“I just wanted you to know that I would love to drive a cart in 2020,” Love said.



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Photo submitted by the Ponte Vedra High School Sharks Swim Team

The Ponte Vedra High School swim teams at the 3A District championship.

PVHS girls swim team crowned district champs

The Ponte Vedra High School girls swim team was crowned District 3A Champions for the ninth year in a row Oct. 29.

The PVHS boy steam was runners-up to Fletcher High School.

Individual PVHS swimmers who took first place at the championships were:

- Cleburne Wilson – 50-yard freestyle
- Holly Cox – 200-yard freestyle and

500-yard freestyle

■ Lilly Lewis, Kaitlyn Copland, Olivia Copland, Holly Cox - Girls 4x50-yard freestyle relay

■ Lilly Lewis, Riley Hagy, Olivia Copland, Holly Cox - Girls 4x100-yard freestyle relay

Next for the Sharks is the state championship, which will take place Saturday, Nov. 16, in Stuart.



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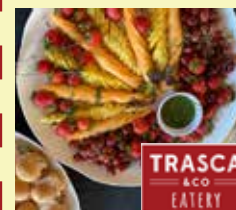
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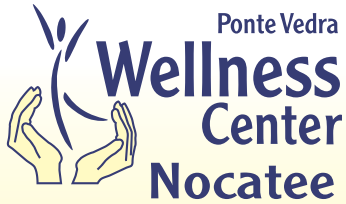
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