

Your Community Voice for 50 Years

PONTE VEDRA



Recorder

January 9, 2020

Volume 51, No. 10

75 cents

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PonteVedraRecorder.com

Snapshots from Ponte Vedra Beach's own ...

Winter Wonderland



A Newfoundland dog enjoys the sun and salt air.



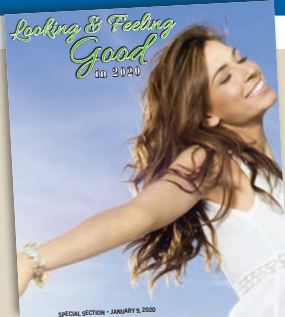
Hundreds of residents and tourists flock to the beach to get one of their warm days at Mickler's.

Photos by Amber Lake



Tikiz Shaved Ice & Ice Cream served the crowded beach cold treats to complement a warm day.

Visitors to Mickler's Beach enjoy a sunny and warm winter's day on the water Friday, Jan. 3. Read more on Page 5.



Looking & Feeling Good in 2020

featuring Meet your Eye Doctor

Pages 11-22



In the Arts

Pages 26-27



Sports

Pages 28, 30



CAR OF THE WEEK

2019 VOLVO V90 T5 FWD R-DESIGN

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One of Us

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Subscription Rates, Bulk Mail:
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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.

Eight readers correctly identified last week's photo as the sign for Al's Pizza in Ponte Vedra Beach. Hospital. The winner of the random draw was **Felicia Cox**. Congratulations, Felicia — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT OF THE WEEK

Murphy was given to the Pet Center as an owner surrender. She is a beautiful 3-year-old female domestic medium hair who is spayed. Murphy is extremely lovable, loves to be brushed, is litter trained and good with kids, but she would like to be the only animal in your home. Come see Murphy at the Pet Center today. #14513



DOG OF THE WEEK

Trooper was found as a stray. He is about 1½ years old — an intact male, American bulldog mix. He is very playful, energetic and loving. Trooper loves to be outside and run, loves to eat and is treat-driven. Come see Trooper at the Pet Center today. #53072

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

St. Johns County Pet Center

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

PUZZLE SOLUTIONS

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

Solutions correspond to last week's puzzles.



PHOTOARK
JOEL SARTORE

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A federally endangered Florida panther, Puma concolor coryi, ZooTampa at Lowry Park.

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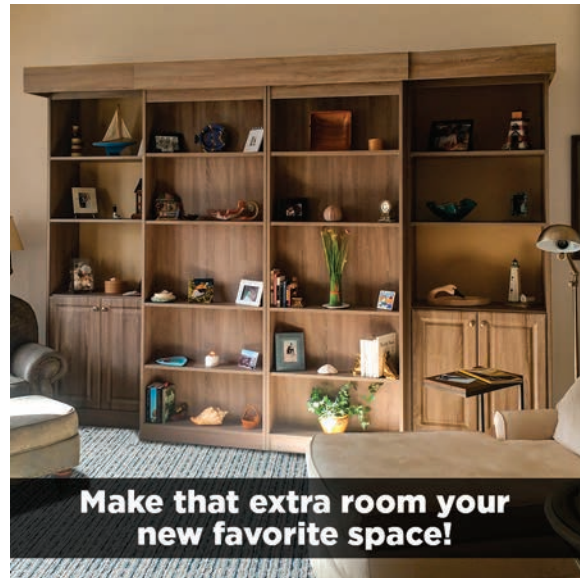
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COLLECTION



L'ATRIUM
\$299,900

Beautifully updated home in the heart of Ponte Vedra Beach! Offers 3 bedrooms, 2 baths, cathedral ceilings, great room with fireplace, remodeled kitchen with quartz counters, vinyl plank flooring, glassed sunroom, new A/C, newer windows & appliances, screened patio, & private backyard. MLS 1003230

Barbara Maple | 904.571.1764
BarbaraMaple@WatsonRealtyCorp.com



PALENCIA
\$494,000 - Price Reduced!

Beautiful Dostie home on peaceful preserve lot in Sebastian Square. Features warm hardwood floors, coffered ceilings, new roof, formal dining room, great room with built-ins & gas fireplace, sunroom, & kitchen with stainless steel appliances, gas cooktop, granite counters, & breakfast bar. MLS 1014342

Cammy Ray | 904.806.3489
CammyRay@WatsonRealtyCorp.com



SEASCAPE
\$565,000

Exquisitely remodeled condo with panoramic ocean views from every room! Features 2 bedrooms, 2 baths, a 54-ft. balcony, Italian porcelain floors, accent lighting above crown molding, new high-impact doors, & newer A/C. Community has 3 pools, gym, & sauna. MLS 993175

Carol Gorey | 904.699.5643
CarolGorey@WatsonRealtyCorp.com



SEA HAMMOCK
\$789,000

Beautiful oceanfront condo with 2 bedrooms, 2 baths, & 1-car garage. This first-floor end unit is move-in ready with furnishings included. Features a giant wrap-around balcony, all new decking, master bedroom overlooking the ocean, & convenient beach walkover. MLS 1020418

Murray & Elise Beard | 904.465.2784
MurrayBeard@WatsonRealtyCorp.com



PABLO CREEK RESERVE
\$899,000

Stunning 5 bedroom, 4 bath home with screened lanai, pool, & spa. The open formal living & dining rooms flow together for seamless entertaining. Features family room with soaring coffered ceilings & electric fireplace, divine kitchen with 2-tone cabinets, home theater, & private office. MLS 1015741

Jim Zeller | 904.772.5592
JimZeller@WatsonRealtyCorp.com



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2 injured at Palm Valley home after backyard fire pit explodes

By Amber Lake

St. Johns County Fire Rescue responded to a possible gas explosion at a residence on Roscoe Boulevard on Jan. 2. The explosion was caused by a recently installed fire pit, causing two individuals to be injured.

Father and daughter, Chloe Faver, 18, and William Faver, 58, were sitting by their backyard fire pit when it suddenly exploded. According to a St. Johns County police report, William Faver stated that he had recently hired a gas company to move the propane fire pit from one part of the backyard to another. He said

the final inspection of the fire pit occurred two days before the explosion.

Faver also told police that when he lit the fire pit, he had made sure that he did not smell any propane gas leaking. Approximately 20 minutes after lighting it the explosion occurred, which Faver described as “instantaneous and violent.”

Faver and his daughter sustained non-life threatening injuries, with Faver requiring stitches to his ear and his daughter sustaining minor cuts to her legs after being “thrown 8 to 10 feet in the air,” according to the report. Both photographs and video surveillance footage were submitted into evidence.

Donna Deegan raises \$204,000 in final 6 weeks of 2019 for state congressional campaign

Donna Deegan, former Jacksonville TV news anchor and three-time cancer survivor, recently announced she raised \$204,000 from nearly 1,200 individual donors within six weeks after launching her campaign for Florida’s 4th Congressional District. This sum represents approximately three times that of the 4th District’s 2018 Democratic nominee’s total raised throughout the entire election cycle.

Deegan’s \$204,000 haul came from 100% individual donors, 94% of whom are Florida residents.



Donna Deegan

“I am grateful for the outpouring of support from voters around the 4th District who are ready for real leadership and change in Washington D.C.,” said Deegan, adding, “this is truly a people-powered

campaign and the number of individuals who have donated \$5, \$10, \$20 and more shows the extensive level of support and enthusiasm for our campaign.”

In addition to Deegan’s strong initial fundraising total, her campaign has garnered over 500 committed volunteers, who Campaign Manager Erica Connor said are eager to hit the ground running to get her elected in November.

“We have seen a tremendous number of motivated supporters excited to connect with voters in the 4th District about Donna’s candidacy” Connor said. “Her candidacy offers a refreshing choice for First Coast voters and we are excited to engage with as many people as possible in the coming months.”

BRIEFS

St. Johns County Ocean and Fishing Pier closed for repairs

The St. Johns County Ocean and Fishing Pier in St. Augustine closed Monday, Jan. 6 and will remain closed through May for repairs and rehabilitation. The north beach access point adjacent to the pier will also be closed for the duration of the project, and access to the beach near the pier will also be intermittently restricted during this time. The beach access point south of the pier, gift shop, visitor information center, splash park, parking lot and other park facilities will remain accessible to the public. For more information, call (904) 209-0326.

Wireless warning period ends

The Florida Department of Highway Safety and Motor Vehicles, with its division of the Florida Highway Patrol, advises all motorists that as of Jan. 1, motorists in Florida can be stopped and cited for texting and driving and holding a wireless device in a designated school crossing, school zone or active work zone. Motorists can also be stopped and cited for using wireless communications devices while driving.

“As a new year begins, I am proud to give law enforcement the ability to fully enforce the Wireless Communications While Driving law,” said Gov. Ron DeSantis. “All drivers should be completely focused on the road in order for everyone to arrive at their destinations safely.”

Drivers using a wireless communications device in a school crossing, school zone or active work zone were only issued warnings through Dec. 31, 2019. As of Jan. 1, drivers will be cited for using any wireless communication devices in a handheld manner in these designated areas.

The Wireless Communications While Driving Law became effective July 1, 2019. From July 1 through Dec. 30, 2019, there were 1,087 warnings issued by Florida Highway Patrol for texting and driving. From July 1 through Dec. 29, 2019, there were 1,220 citations issued statewide by all law enforcement agencies for texting and driving.

Move Over Law

January is Move Over month and the Florida Department of Highway Safety and Motor Vehicles urges all motorists to move over for emergency and service vehicles stopped along the roadway. Preliminarily in 2019, there were 182 crashes and more than 20,000 citations issued for motorists failing to move over. FLHSMV and the Florida Highway Patrol are partnering with the Florida Department of Transportation, Florida Police Chiefs Association, Florida Sheriffs Association and AAA — The Auto Club Group to ensure all law enforcement, first responders, service and utility workers and Road Rangers Arrive Alive in 2020.

The Move Over Law was added to Florida Statutes in 2002 and requires motorists to move or yield right-of-way to emergency vehicles. In 2014, utility and sanitation vehicles

were added to the Move Over Law. The Move Over Law states that drivers must move over as soon as it is safe to do so for any authorized law enforcement, emergency or service vehicles displaying any visible signals while stopped on the roadside, including Road Rangers, sanitation vehicles and tow trucks.

When motorists cannot vacate the lane closest to the emergency or service vehicle, they must slow to a speed that is 20 miles per hour less than the posted speed limit.

Depending on the roadway, there are different guidelines for drivers to comply with the Move Over Law. Failure to yield or move over puts law enforcement officers, emergency first responders and public service workers in danger while they are on the job protecting and serving the citizens and visitors of Florida.

Multi-Lane Roadway

Vacate the lane closest to the stationary emergency vehicle, sanitation vehicle, utility service vehicle, Road Ranger or wrecker and always signal the intention to change lanes.

Slow down to a speed of 20 mph below the posted speed limit if a driver cannot move over safely.

Be prepared to allow those who are attempting to move over into the next lane.

Two-Lane Roadway

Slow down to a speed of 20 mph below the posted speed limit.

Travel at 5 mph if the speed limit is 20 mph or less.

The public is encouraged to report aggressive drivers by dialing *FHP (*347). For more information, visit www.flhsmv.gov.

OBITUARIES

Juliet Norred Brunson

Juliet Norred Brunson, 91, of Ponte Vedra Beach, Florida, passed away December 24, 2019. Born in Pine



Juliet Norred Brunson

Apple, Alabama, July 12, 1928, she was able to move off the farm and experience much of the USA as a US Navy spouse. She moved to Ponte Vedra Beach from The

US Naval Academy in Annapolis, Maryland, where she met and entertained dignitaries, foreign military attaches, and ambassadors. She and her husband moved to Ponte Vedra Beach upon his retirement from the Navy in 1978.

She is survived by her husband, Capt. James Sylvester Brunson (USN ret.); two sons, James McDuffie Brunson Sr. and Ronald Burke Brunson; six grandchildren, James McDuffie Brunson Jr., John Rikard Brunson, Katherine Brunson Haugh, Elizabeth Duncan Brunson, Kie Brunson Hill and Kevin Burke Brunson; along with five great-grandchildren.

A memorial service will be held at a later date. Her cremated remains will be interred at the columbarium at Palms Presbyterian Church, Jacksonville Beach, Florida, where she and her husband were members for 40 years.

In lieu of flowers, the family requests donations be made to The Vicar’s Landing Foundation, Palms Presbyterian Church or the charity of your choice.

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



Family Funeral Home & Cremation Centre
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John Dale Davies

John Dale Davies passed away on December 27, 2019, while in hospice at the Mayo Clinic.

He is predeceased by his beloved wife, Margie Davies, who passed away in 2014 after over 66 years of marriage.

He is also predeceased by his two children, Nancy Davies Davis, who passed away in 2002, and Rick Davies, who passed away in 2010.

John is survived by his grandson, Joshua Davies, who lives in

'Tis the season to be balmy

By Amber Lake

Heading out of Christmas, North Florida welcomed a sunny afternoon Friday, Jan. 3 — one that gave beachgoers in Ponte Vedra Beach a chance to get a last bit of tan in before the weather turned a cold cheek.

Patrons of Mickler's Beach eagerly came out to get their last sip of the sun, some even going so far as to brave the 60-degree ocean in a bikini. Crowds poured in to such an extent that the meager parking lot overflowed onto the streets by noon that day. The recent construction projects, combined with an influx of Tennessee tourists for the TaxSlayer Bowl, wasn't enough to throw a spike in anyone's beach plans, however. Mickler's attracted hundreds of swimsuit clad people, some there to brag to their northern friends about their afternoon plans to don sunscreen rather than scarves.

"I wish it was like this all the time," said Mandarin resident Jasmin Incardona, who relocated to the area from Illinois. "The weather is part of the reason why I moved here, so I'm all for it."

Incardona chose Mickler's Beach specifically for the shelly beaches and crowds, which she deemed, "not as young as Jacksonville Beach's." Mickler's tamer

turnout may be a reason to venture there, but it also has many amenities coming its way. Current construction on the public access will provide a new boardwalk, new restroom facilities, showers and even changing rooms. The project also hopes to expand the parking lot, which regularly gets overcrowded.

One other enhancement to the area has been the addition of Tikiz Shaved Ice & Ice Cream, whose proprietor was there to take advantage of the warm weather crowds at the base of the beach walkway. Stephen Mapa said he makes sure to only serve Mickler's Beach when he has a space out of the way of construction crews to set up. As one of the only vendors approved for the area, he said he has been welcomed by locals who are eager to enjoy a cold treat, no matter the weather.

"I have a few ladies that will come up and ask me what days I plan to be here," Mapa said. "Even when it's cold outside they still like a shaved ice."

According to the long line in front of his truck, beachgoers believed the weather might be the only dish best served cold. Based on the forecast for cold weather to return, they saw they better get the beach "while it's hot."

They were right. The balm was not for long.



ABOVE: The current construction project aims to build changing rooms for beachgoers.

LEFT: Parking gets backed up at Mickler's Beach due to the warm temps and current construction which makes part of the public access off limits.

Photos by Amber Lake

Volunteers needed for Fish Island cleanup

By Maggie FitzRoy

In the mid-1750s a 12-year-old American lad named Jesse Fish was sent by New York City businessmen to St. Augustine to open up markets with Spanish merchants there. In his apprenticeship position, young Jesse learned quickly, proved uniquely talented at business, and before long, began investing in land.

Fish started an orange grove, planted 3,000 trees and named it "El Vegel." Operating the grove with enslaved labor, he planted sweet and sour oranges and the sour ones were so popular in England, that they inspired the invention of the Whiskey Sour.

The grove expanded with the addition of other citrus crops and historians are not sure when it ceased operation. Over the years, the land, which became known as Fish Island, slowly reverted to its natural, wild state and Fish's mansion slowly deteriorated. Its coquina foundation is all that remains and although no longer visible, historians know where his block house was, as well as some graves, the slave quarters and a wharf.

Surrounded by marsh and overlooking the Matanzas River part of the Intracoastal Waterway near the 312 Bridge, Fish Island has for decades interested real estate developers.

Many in the St. Augustine community



Photo by Maggie FitzRoy

Michael Cullum (left), St. Augustine chief resilience officer, and retired state biologist J.B. Miller walk through Fish Island.

resisted the idea of developers purchasing the pristine land. And years ago, Fish Island was put on the Florida Forever acquisition list in the hopes that someday funding would become available to buy and preserve it.

Save-Fish-Island-supporters celebrated last fall when purchase of the 59-acre

plot of land was achieved for the state by North Florida Land Trust. And maintenance of the now-heavily wooded uplands turned over to the city of St. Augustine, which plans to turn it into a public park.

But before that can be done, Fish Island needs to be cleaned up. Technically no longer an island, as access to it was long

ago filled in, it was inhabited by squatters for many years. Thirty homeless camps scattered around the island have been cleared and most of the debris removed.

The city will now host a volunteer cleanup effort to remove the rest of the trash the morning of Saturday, Jan. 11. About 100 people have signed up, but J.B. Miller, a volunteer retired state park biologist, said more are needed.

Fish Island "is a big deal, a Florida Forever acquisition part of the Northeast Florida Blueway," Miller said one recent day as he walked around the property with Michael Cullum, chief resilience officer for the City of St. Augustine. "Many projects throughout the state are on the list," Miller said, but purchase acquisitions must be supported by the governor and cabinet, there has to be strong support from the local community and money needs to be available.

"When it comes to thanking people, the list is endless," Miller said, naming the Friends of Fish Island support group, political representatives, the city commission and North Florida Land Trust, which was able to negotiate a contract for \$6.5 million with the owner, Jacksonville businessman Jim Young.

Since the city did not have it in the budget to help with the purchase, "we agreed

Ponte Vedra Beach resident Susanne Schuenke is a German American artist whose works are in public and private collections around the world. She is also the co-author of a new book, "Echo of the Unconscious in Painting," which she will present during a Jan. 14 talk at the Ponte Vedra Beach Branch Library.

Susanne Schuenke



Photo by Maggie FitzRoy

As told to Maggie FitzRoy

What kind of painting do you specialize in?

Oil painting and watercolor. First, I draw, then I do a water color and then the oil. The drawing is like singing a melody and the watercolor is like chamber music with five instruments and the oil painting is a symphony.

What would you say is your style?

Art critics call it narrative surrealism. I'm expressing many of my thoughts in my personal style, but in a way that the observer can recognize what I want to convey. It takes a little time because a painting is not a poster. And a painting is a dialogue partner for life.

How long does it usually take you to do a painting?

From drawing to watercolor can be immediate, in a day. But it can take a while before I start on the oil painting and it always takes months to finish. Right now, I am working on several.

What is the main project you are working on now?

The name of the painting (which Schuenke is standing beside in the photo) is "We Know Only 4%." The meaning has nothing to do with the stock market, it is much better. I got the idea from a lecture about cosmology and physics. The lecturer spoke about black matter and black energy. That those are only names, place holders. Because 96% of the cosmos as far as we know is not known. Dark or black only means unknown, it has nothing to do with color.

You grew up in Germany. When did you move to the United States?

Finally, in 1991. Before that, I visited Ponte Vedra with my husband at the time, who was from Jacksonville. I met him in London. We lived in South Ponte Vedra.

Where in Ponte Vedra Beach do you live now?

In L'Atrium. I bought the house I live in now as a studio in 2000 for my art. But now it is my residence, too. I tell people I am not working at home, I live where my work is. I cannot work in a commercial studio. I have to have my personal environment.

When did you first discover you were an artist?

I didn't. I was born to paint, born to two artist parents. According to them, when I could crawl on the workshop floor, I got a marker and paper and liked to use them. I really grew up with art like other people breathe. I grew up painting. It's as natural as breathing to me. You don't learn to breathe, it's something you do naturally.

Where did you go to school?

I have a Ph.D. in history of art from Cologne University. My parents insisted on a university education, because they said learning has never caused harm. Learning can only be an advantage in your life. Learning hasn't stopped for me. It doesn't stop.

Tell us about your newest learning challenge — writing a book with your co-author, Naum G. Itkin, M.D., Ph.D.

For the last 10 years I learned about psychology, neuro-

logy, brain science and developed deeper insights into the origin of my creativity. That was so interesting that together with my co-author we decided to write it down and make it a book, to share the knowledge with other people.

Neither you or Dr. Itkin are native English speakers. How challenging was it to write a book in English?

It was like climbing the north wall of Mt. Everest. The most challenging slope of the world's highest mountain.

What does the book revolve around?

One of my paintings, which is in the lobby of the Davis Building at Mayo Clinic. It's called "Give Me Wings." It depicts butterflies and the theme is uplifting and positive. I like that each butterfly is very individual. They are not natural butterflies, especially when you look at their eyes, they are stylized. At the time I was painting them, they were not people for me. Years later, through psychoanalysis, I realized they were unconscious personifications of my family and myself. The proof is in the book.

Note: Schuenke and Itkin will discuss their book, "Echo of the Unconscious," during a PowerPoint presentation 6:30 p.m., Tuesday, Jan. 14 at the Ponte Vedra Beach Branch Library. Schuenke will also speak about her art, including her oils and watercolors that will be exhibited in the library entryway during January. The program, to be held in the Friends of the Library Room at the library at 101 Library Blvd., is free and open to the public. Copies of the book will be available for purchase.

Avoid traffic, see Nights of Lights from water

By Christine Rodenbaugh

St. Augustine's Nights of Lights will continue through Feb. 2, and now that many of the tourists have left the area, it's a great time for locals to experience one of the top 10 best places to see holiday lights in the world according to National Geographic. Ponte Vedra Beach and Beaches residents can avoid traffic and parking hassles by taking State Road A1A to the Vilano Pier, where several boat tours cruise the bay to view the lights from the water.

Fins Up Tours has nightly boat tours through Feb. 2, weather permitting, leaving from floating docks attached to the south side of the Vilano Beach Fishing Pier. It may feel cooler on the water after sunset, so dress accordingly or bring a blanket to stay warm. An insulated mug filled with coffee or hot chocolate warms from the inside out. Passengers can bring beverages or snacks aboard if they like.

The Sun Down-Lights Up Nights of Lights Combo Tour leaves the dock in a pontoon boat at 5:10 p.m. for a 90-minute cruise. Guests might see Atlantic bottlenose dolphins along the shore of aptly named Porpoise Point. As the sun slips below the horizon, the lights turn on along the Bayfront. When the sky darkens, the lights seem brighter, reflecting in Matanzas Bay. Tickets are \$39 per person — use code SAVE5 online for a \$5 discount.



ABOVE: Captain Jimmy Hill of Fins Up Charters gives the brief safety talk before leaving the dock.



LEFT: Lu-Anne Blankenship (front row from left) and Dondi Foster drove from New Smyrna Beach to see the lights from the water. Jason and Briana Beveridge, (back row) take their first St. Augustine water tour.

Photos by Christine Rodenbaugh

On Jan. 2, Captain Jimmy Hill welcomed guests aboard the pontoon boat just before 5 p.m. Dondi Foster, who lives in New Smyrna Beach, headed north with her friend Lu-Anne Blankenship from Daytona. It was the first time both ladies would see the lights from the water.

"It's on my bucket list," Foster said before the cruise. "I want to see the lights from the water and watch the lights come alive."

The tour lived up to expectations.

They saw dolphins on the way to the Bayfront and later watched the Bridge of Lions open for the Schooner Freedom. Blankenship summed it up in one word, "Amazing."

Roseanna Ovington from Ormond By The Sea concurred. She said it was a great tour with a knowledgeable captain that she will recommend to friends.

"We learned some history and there were photo 'opps' galore — dolphins,

LIGHTS continues on Page 8



Ocean Palms Elementary School teachers wrap gifts to help raise money for area residents affected by multiple sclerosis.

A wrap on the holidays

National Multiple Sclerosis Society volunteers wrapped up three weekends of free gift wrapping late Christmas Eve at South Beach Parkway Plaza in Jacksonville Beach — and Ponte Vedra and Beaches area shoppers proved very generous.

Donations totaled more than \$3,000, all of which will provide programs and services for the more than 18,000 North Floridians impacted by multiple sclerosis.

Volunteers included MS staff, Ocean Palms Elementary School teachers, and Bike MS Big Banana teammates.

Hallmark and Five Below provided wrapping supplies. MS has offered free gift wrapping for five years at the Jacksonville Beach location. Next year, the volunteers will include home or office gift pick up, wrapping and delivery in Ponte Vedra Beach.

Wounded Warrior Project gifts food baskets to warrior families



Photo provided by Wounded Warrior Project

In the spirit of the holiday season, Wounded Warrior Project recently partnered with the community to provide 50 food baskets to wounded veterans and their families in Jacksonville.

WWP gifted the baskets at an event that featured crafts, games, a cookie decorating contest and more. Overall, warriors and their families enjoyed the camaraderie the event provided.

Army veteran Lawrence Chandler was one of the recipients and said the support means everything to him and his family. He lives with PTSD after serving in Operation Iraqi Freedom and said he felt "stuck" for several years during his transition to civilian life. It wasn't until connecting with WWP, he said, that he returned to his normal self.

"Without events and support like this, we might not have Christmas dinner,"

Lawrence said. "Some people take it for granted, but we're forever appreciative of what Wounded Warrior Project has done."

WWP received support from several Jacksonville-based organizations and individuals to help the families. Partners CSX and BAE Systems, as well as the Jaguars Foundation, Publix, PepsiCo, FritoLay, Aerotek, the Bolles Lower School in Ponte Vedra Beach, and WWP staff members, donated the materials and food. Representatives from Aerotek, TD Bank, and Hylant helped pack the baskets, in addition to individual WWP supporters, such as Jacksonville resident Richard Ashley.

"It was great to be with other people who care to pack those baskets, which are meaningful to the warriors," Ashley said. "It's just great to be in the heart of this organization."

Lights

Continued from 7

sunset, the lights,” Ovington said. “It was so much fun.”

Another nightly option is a 60-minute Nights of Lights cruise departing from the same dock at 7:10 or 8:40 p.m. Tickets are \$29 per person — use code SAVE5 online for a \$5 discount.

For a more intimate experience, Fins Up has discounted private charter rates

for Nights of Lights tours with advance reservations. Invite friends, family or co-workers for a 60- or 90-minute charter on a 13- or 30-passenger vessel. Prices range from \$229 to \$699 depending on number of guests and duration.

There is free parking along Vilano Road, and several restaurants in the area are open in the evening for a bite to eat or favorite beverage after the tour.

For information, call Fins Up Tours at (833) 365-3467, email staugustinetours@gmail.com or visit www.finsuptours.com.



ABOVE: St. Augustine’s Nights of Lights continues through Feb. 2 and a boat tour leaving from the Vilano Pier offers a unique view without parking hassles.

LEFT: The 13-passenger pontoon boat leaves the floating docks at Vilano Pier for the combination Sun Down-Lights Up tour at 5:10 p.m. Jan. 2.

Photos by Christine Rodenbaugh

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New early learning academy coming to Nocatee Town Center

Amazing Explorers Academy is coming to the Nocatee Town Center, to be located on the northwest corner of the roundabout between Lakeside and Publix, directly north of the Town Plaza Office Condos and opposite Flagler Health Village.

The early learning academy is slated to open in the spring or summer of 2021, with construction scheduled to begin in the spring or summer of 2020.

The academy will be designed to foster a nurturing environment, where little minds will be able to develop lifelong learning skills designed to inspire, connect and succeed in the 21st century. Marcello Spinelli, co-founder, said, "Amazing Explorers is educating today's children for tomorrow's world, equipping them for a future we've yet to even imagine. We do this with leading-edge STEAM curriculum that focuses on science, technology, engineering, arts, and mathematics."

The modern facility will be staffed with certified teachers. It will partner with Nemours Children's Health Center to provide healthy meals to all students, and with The Contentment Foundation to help teach children and staff about emotional intelligence and mindfulness.



Rendering provided by Amazing Explorers Academy

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ELIZABETH
HUDGINS

Fish Island

Continued from 5

to provide in-kind services to manage, operate and maintain the property,” Cullum said.

While the name of the park is still to be determined, it will be open to the public as a place to come for peace and quiet and to be in nature, with walking and biking trails.

Trails already exist. Fish built his orange groves on top of pre-European shell middens, and evidence of those can be seen on the cleared paths that snake through the property. Many species of birds make their home there, Miller said. He also pointed to deer and wild hog tracks and to fiddler crab secretions for evidence of just some of the types of wildlife.

Unfortunately, “this was a very residential camping area,” Cullum said. “Homeless families lived here, and Mr. Young didn’t have experience dealing with that, so he asked the city to help.”

Contractors were sent in after the purchase and it took them nine days and many dumpster-loads to remove the trash left behind by the squatters, including sofas and other types of furniture.

“The amount of trash was beyond disgusting,” Miller said. Fortunately, the contractor did a great job, “but there is still debris here and that is the reason for the cleanup.”



An abandoned eagle nest sits high on a tree on Fish Island. The land, once orange groves, is reverting to its natural state.

Photos by Maggie FitzRoy

The effort will take place from 8 a.m. to noon, with volunteers divided into two shifts and five different zones. They will be issued gloves, garbage tongs and buckets and rolling trashcans will be used to take the trash to dumpsters. No plastic bags will be used.

The cleanup will be hosted by Matanzas Riverkeeper, with parking available in parking lots of office complexes

adjacent to the entrance. Registration is not required but is encouraged by going online to matanzasriverkeeper.org or by emailing Jen@matanzasriverkeeper.org.

Volunteers are urged to come prepared by wearing long sleeves and closed-toe shoes. They should also bring bug repellent, sun protection and a water bottle.

The address is Fish Island, 1301 Plantation Island Drive South, St. Augustine.



Brazilian pepper grows on Fish Island, an invasive species that the city is applying for a grant to remove.



Debris from homeless people living on Fish Island was left behind after they were asked to leave.



Fish Island overlooks a salt marsh facing the Matanzas River.

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Obituaries

Continued from 4

Hohenfels, Germany; his niece, Claire Dial and her husband, Roger Dial, of Modesto, California; Dr. Melissa and Mark Pearrow of Dedham, Massachusetts; and four great-grandchildren.

A memorial service was held on Tuesday, December 31st, at the Palms Presbyterian Church, located at 3410 South Third Street, Jacksonville Beach, Florida.

In lieu of flowers, memorial gifts can be made to the John Davies Family Scholarship Fund, c/o Butler University, 4600 Sunset Avenue, Indianapolis, Indiana, 46208, Att. Development Staff.

Please sign the online guestbook at www.pontevedravalley.com

Jack Greene

Jack Greene, 87, of Ponte Vedra, Florida, died Dec. 24, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Joseph Adam Lenhoff Jr.

Joseph Adam Lenhoff Jr., 72, of Jacksonville, Florida died Dec. 26, 2019. Arrangements by Quinn-Shalz Family Funeral Home, (904) 249-1100, www.quinn-shalz.com.

Alexander MacKenzie

Alexander MacKenzie, 87, of Jacksonville Beach, Florida, died Dec. 28, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Taylor Patricia Martin

Taylor Patricia Martin, 22, of Jacksonville Beach, Florida, died Dec. 25, 2019. Arrangements by Quinn-Shalz Family Funeral Home, (904) 249-1100, www.quinn-shalz.com.

Ned Warren Schmidt

Ned Warren Schmidt, 72, of Jacksonville, Florida, died Dec. 28, 2019. Arrangements by Quinn-Shalz Family Funeral Home, (904) 249-1100, www.quinn-shalz.com.

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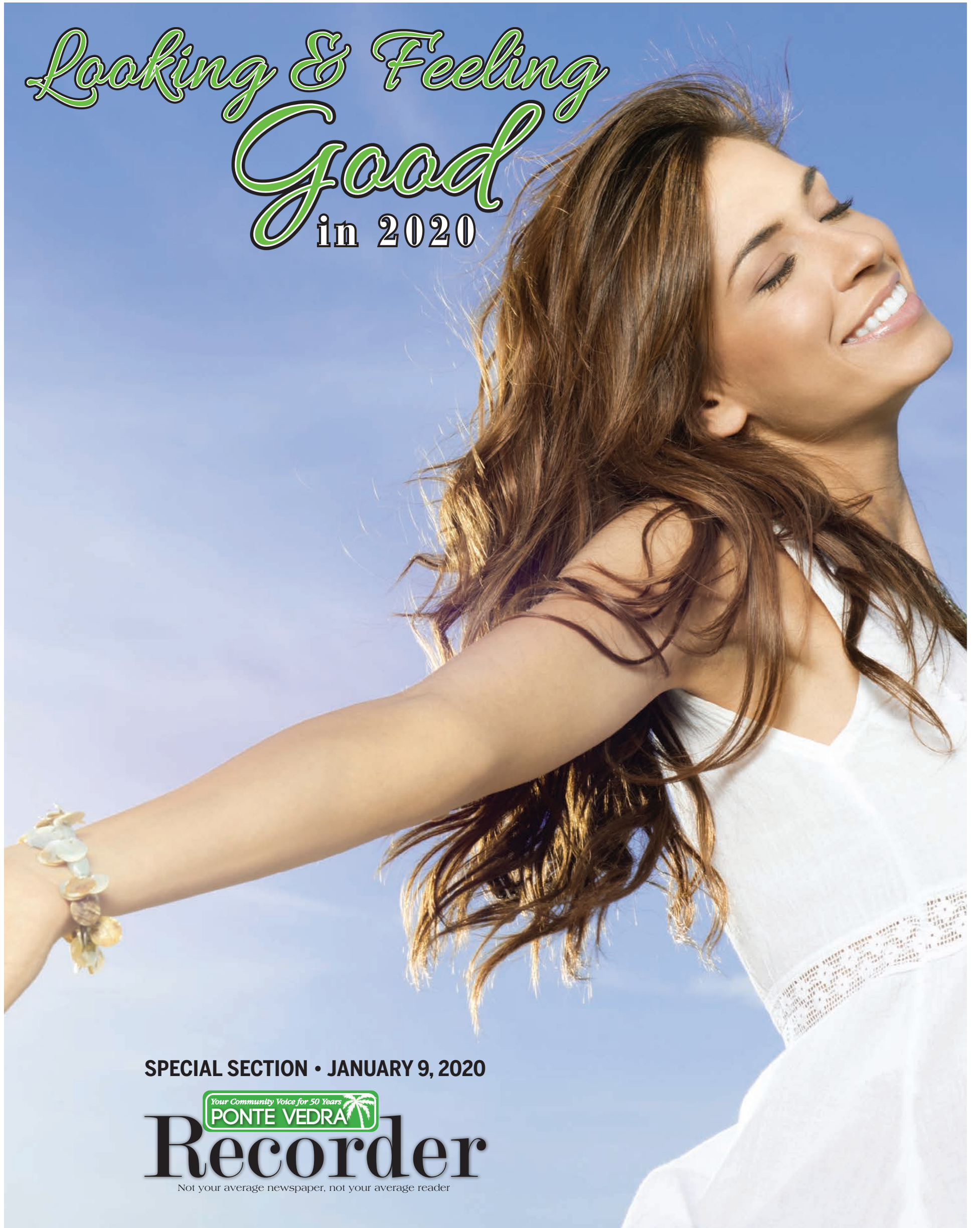
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Recorder

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Tips for getting a good night's sleep



Dr. Erica Hamer
Guest Columnist

Ten to 15% of Americans suffer from chronic insomnia.

Do you?

Most of us experience an occasional sleepless night, but prolonged bouts of insomnia can lead to decreased mental function, frazzled nerves and lowered immunity. In addition, Americans spend more than \$2 billion each year on sleep-aiding medications.

Sleep is supposed to be a natural process. What's going on?

There are many issues in the way of getting a good night's sleep. Daily stresses — work problems, financial difficulties, family challenges — can all keep a person up at night. We rehash what was said over and over again, or we endlessly review the problems confronting us, creating more anxiety and worry while the minutes and maybe even hours tick away. The good news is that you don't have to pop a pill or count sheep: Just follow these simple, natural steps to get more Zs.

■ Exercise regularly, because not enough exercise contributes to lack of restful sleep. When you're doing vigorous physical work, your body needs to recover. Sleep allows your body to repair and rebuild, getting stronger in the process. Regardless of one's stresses and worries, vigorous exercise makes a physical demand on your body that will put you right to sleep. If you're not exercising regularly, this strong physiologic need for deep rest is missing, and you'll likely be tossing and turning the night away. Regular exercise is important for good sleep but don't exercise within six hours of your bedtime. Physical activity speeds up your heart rate and metabolism,



Photo provided by metrocreativeconnection.com

making it difficult to wind down at night. Try to schedule your workouts in the morning, so you can benefit from that extra energy during the day.

■ Eliminate late night eating — particularly fat-filled foods and snacks — as this can interfere with a person's ability to fall asleep and sleep restfully. Late night meals engage all the resources of your digestive system. Your body is actually doing a lot of work when it's supposed to be resting and that is no way to promote rest. And, of course, a lot of this late-night food is stored as fat, creating additional problems. Some may find eating a light snack a couple hours before retiring is helpful to avoid low blood sugar levels in the middle of the night, which can wake you up.

■ Avoid caffeine after 12 p.m.. Caffeine is a stimulant found in coffee, tea, cola and chocolate. People who clear caffeine from their bodies slowly should avoid caffeine completely.

■ Avoid alcohol. Many people find that alcohol helps

them relax at night. Although it may help induce sleep initially, alcohol disrupts your normal sleep patterns, leaving you tired and groggy in the morning.

■ Keep regular sleeping hours. Your body likes routine and will respond better to a consistent bedtime.

■ Don't work on the computer or watch television for at least one hour before going to bed. These activities stimulate your mind at a time when you should be preparing for rest.

■ Decrease light in your bedroom. A dark environment is necessary for the production of melatonin, a hormone that encourages a healthy sleep cycle.

■ Try yoga or meditation to clear your mind and help prepare your body for sleep. Like regular sleeping hours, a steady practice will yield the greatest benefits.

In addition, if your insomnia is caused or made worse by aches and pains at night, it may be time for a new mattress and/or pillow. Old, soft, lumpy mattresses are another potential sleep-disturber. But too-firm mattresses may also cause problems. A good mattress is supportive and comfortable, it "gives" in all the right places and provides a balanced, springy platform for a restful night's sleep. Your sleeping surface should support the entire body — including the spine, neck, head, and limbs — evenly, with no gaps.

For recommendations tailored to your specific needs, talk to your healthcare provider. They can also help direct you to important information on customized exercise and nutrition programs that will help you get the rest you need to continue to be healthy and well.

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.

Defusing anxiety and negativity in 2020: Why gratitude is key

By Frank Kilpatrick

Special to the Recorder

We all want to feel happy and productive. But here's the Catch 22: the things we do to try to feel that way—working long hours, rushing kids from one activity to the other and meeting all of life's obligations—can leave us feeling stressed, anxious and even resentful. (And that's not counting the complications that spring up.) We may find ourselves thinking: What's the point of all this hard work if I can't enjoy my life?

Thankfully, we can feel contentment, and yes, happiness, even when life is at its most chaotic. It comes not from trying to control your circumstances, which isn't always possible, but from shifting how you look at them.

I love the saying "Gratitude doesn't change things for you, it changes you for things." When we can learn to come from a place of gratitude, we see things differently. There's a mindset shift that brings peace. My new Gratitude Musical/Visual meditation series, (available on YouTube at www.YouTube.com/c/GratitudeVideo) helps listeners tap into that mindset.

In other words, instead of dreading a tough project at work, we feel gratitude

for our job. Instead of feeling stressed about taking our aging mother to the doctor, we're grateful to be able to spend the afternoon with her.

Of course, you can't just flip a switch and BOOM! you're grateful. Gratitude evolves over time. It's about building some small, daily habits into your routine—and the new year is the perfect time to start. For example:

Make room in your life for gratitude. Often FOMO (Fear of Missing Out) drives us to stretch ourselves too thin. But it's hard to feel grateful when you are over-committed. Know that it's totally okay to turn down invitations if you don't feel like being around others, or to spend the weekend recharging.

Prepare your mind. It's important to make time for meditation or contemplation. Think of this as strength training for your mind. At first it might seem difficult to find the time, but it teaches you to get relaxed and centered, which is a vital life skill. Over time, it will get easier and easier to drop into a space of quiet contentedness where gratitude is abundant. "Mind training" should be a part of your daily health routine, like brushing your teeth or stretching.

Make mind training a part of your

self-care routine. People tend to think of self-care in terms of diet, exercise, and maybe sleep, but we often ignore what we put into our minds, what we think about and ruminate on. This is a mistake. Getting intentional about what we watch, listen to and infuse into our consciousness is just as important—what we focus on shapes our mental state, impacts our relationships and influences every choice we make.

Stop allowing junk food into your consciousness. We should monitor our cognitive input in the same way we regulate our intake of fats, carbs and calories. What you're doing is intentionally creating the best version of yourself.

Focus on the small things. There are plenty of things you can, and should, be grateful for in life's simple moments. A hot cup of coffee. Toasty sheets fresh from the dryer on a cold evening. A catch-up phone call from a dear old friend. The smell of a delicious dinner wafting from the kitchen. The look of wonder in your toddler's eyes when they see the first snowfall of the year. Just start paying attention and let yourself feel the wonderment.

Say "thank you" (and really mean it). When someone does something kind for you, recognize it with a sincere "thank you." Be specific about why what they did

matters. Recognition, even in small doses, makes others feel great, but it also gives you a boost of joy.

Manage your expectations. Real life doesn't look like a Norman Rockwell painting and your home most likely will never look like a spread in Better Homes and Gardens. Parents get old. Kids get bad grades. Tempers flare from time to time. Even during a wonderful meal with family and friends, someone might get sick, make a judgmental comment or burst into tears during the salad course. That's life. It's messy and complicated ... and beautiful.

It's hard to be grateful and focused on perfection at the same time. Keep in mind that even best-laid plans seldom go off without a hitch. Remember to savor the good moments and seek out loving feelings toward your friends and families. Find the love in every situation.

The best thing about gratitude is that it's contagious. If you put it out there, chances are very good you will get it back. Others are watching you and will see how empowered you have become just by being happy.

Make the effort in the upcoming year to focus on gracious and loving feelings and that peace will find its way to you. You will be amazed at the new and joyful places this attitude of gratitude will lead you.

New Year, new you with 45-minute workouts at Nocatee gym

By Christine Rodenbaugh

2020 is here. If looking and feeling good for the New Year is a priority, but it's not clear how to make that happen, group fitness training may be the solution. For those who have never walked into a gym, or it's been a long time since fitness fit into their schedule, Nocatee and the surrounding area has a new choice.

Burn Boot Camp opened Dec. 29 at Nocatee Town Center, 150 Pine Lake Dr., Unit B. Franchise Partner Jessica Melquist stopped working in 2017 to care for the couple's four children. At that time she said, "If I ever do anything again, I will do something to impact others — and this fits that."

Owning a gym was not on Melquist's radar. She hardly knew how to read a nutrition label and gained 50 to 70 pounds with each pregnancy. The broad demographic, and seeing mothers and daughters work out together, made the Burn Boot Camp she attended stand out from other gyms. To date, she's down 69 pounds. When they moved



Photo provided by Burn Boot Camp

Burn Boot Camp hosted a grand opening Dec. 29 at Nocatee Town Center.

to Ponte Vedra Beach, she wanted her new community to have the same opportunity.

Burn Boot Camp knocks out some of the most common reasons people never join a gym — accessibility, accountability and support.

There is a 14-day free trial to find out if the gym fits schedules and lifestyle. Studies show it takes 21 to 66 days to establish a habit, but a two-week commitment is a start. Try to find a companion who will also commit to the 14 days so that there is

greater accountability. Keep in mind that the gym is focused on women, and still has time slots for co-ed workouts.

"It's a safe place," Melquist said. "Maybe you haven't worked out in 20 years or maybe you have had an injury — you can start here."

Instead of classes, Burn calls each 45-minute workout a "camp." All of the day's camps are the same workout, so if early morning doesn't work, hit an afternoon camp to get the same workout. Each

day of the week, the unique workout has a different focus like upper body strength, core conditioning or speed and agility. To keep members engaged, daily workout routines vary from week to week.

There are five ladies-only camps Monday through Friday at 5:30, 6:30, 8:30 and 9:30 a.m., and 4:30 p.m. Weekday co-ed camps are offered at 4:45 a.m., 5:30 p.m. and 6:30 p.m. On Saturday, there are three co-ed camps at 8, 9 and 10 a.m.

For students age 5 to 12, there is a Kidz Camp on weekdays at 3:15 and 3:45 p.m. Kidz Camp is a 30-minute after school camp that is a combination of speed and agility training, obstacle courses, nutrition tips and more. The goal is to be fun and help build the foundation for healthy and strong kids.

Child care can be another barrier to working out. Childwatch is complimentary during all but the three earliest weekday camps to parents and guardians with children age 8 weeks to age 12.

GYM continues on **Page 19**

New Year's Noise Diet: Why you should cut empty 'brain calories' in 2020

By Joe McCormack

Special to the Recorder

If you're like most of us, you overindulged a bit too much in 2019. No, not on calories (well, maybe those too!), but on "noise." That's the name for the dizzying onslaught of information from work emails, app notifications, the 24/7 news cycle, social media updates and other forms of screen time that leave us unable to focus, listen or do deep work.

A smidgen of noise now and again is okay. We all have our guilty pleasures. But consuming it mindlessly, all day long, is as bad as keeping a bag of chips, a monster-size soda and a can of frosting at our desk and reaching for them every few minutes.

Too many empty brain calories won't make you fat, but they will make you mentally anemic. Noise keeps you in a constant state of distraction. And like actual junk food, a high-noise digital diet is addictive, yet it never satisfies or nourishes you.

The real problem with giving into noise temptation isn't what you're doing; it's what you're not doing. You're tuning out what really matters. You're skimming the surface. When you're scrolling Facebook, for instance, you aren't learning a new language, refining that career-changing presentation or engaging with your kids in a meaningful way.

The new year is the perfect time to put yourself on a noise diet. To help with your calorie count, take a look at what noise junk food looks like:

The irritating — yet addictive — parade of social media stock characters in

your newsfeed. This band of noisemakers assaults your brain with their cries for attention. For instance:

- The humble bragger. Your college rival who subtly slips into her post that she just got another promotion at her swanky company. #blessed #gag

- The cryptic drama-stirrer. That self-righteous friend who calls out people anonymously for perceived slights or makes vague "poor me" pity posts. (Cue the wave of very concerned commenters.)

- The over-sharer. We don't need a play-by-play of your colonoscopy. Thanks.

- The drop-of-a-hat ranter. Whose day would be complete without a furious recounting of how the barista screwed up your nonfat, dairy-free, double-shot, decaf, extra-hot mochaccino with extra foam? The nerve!

- The overly zealous kid promoter. Yes, yes, we know Junior is the smartest, cutest, cleverest tot around — your other 15 posts this week made that perfectly clear.

- The amateur political pundit. Do not engage ... just don't.

Dumb shows on TV. You don't need to waste your precious attention span watching Jerry Springer, B-list celebrity lip-synch contests or those morning talk shows. Substance-free television combined with the lure of a cozy couch can quickly turn into a lost day or evening.

The 24/7 news carousel-of-darkness. Sadly, most news is bad news, and during a controversial election year it can also be fodder for controversy vitriol, and the loss of civility with friends, family, and neighbors. You don't need to totally disengage, but it's good to be discerning about

what you let in—and about how often you engage in debates with the people in your life.

Your work email. Your boss just had to email you at 9:30 p.m....again. The moment you jump out of the bath to write back is the moment work email becomes yet another source of noise.

Are you feeling that noise hangover settle in? Don't worry, you can kick off the new year with a different kind of diet — one that cuts the empty "brain calories" of digital distraction and gives you what you're really craving: a more intentional life. Join my "Just Say No to Noise" Movement and tip the scales in the other direction. A few suggestions:

Try going a week without social media. (We promise, you'll survive.) A short detox from social media is a pretty painless way to unplug and reclaim a lot of lost time. When the week is over, you can see if you even want to go back to occasional scrolling.

Reduce temptation by "hiding" distracting devices from yourself. OK, you probably can't hide your computer, but you can shut the office door. As for cell phones and tablets, treat them like what they are: gateways to digital distraction (and it is a very slippery slope). Find an out-of-the-way place to charge and store your devices so you're not constantly reaching for them.

Break the idiot-box "background noise" habit. It's easy to mindlessly turn on the TV when you get home. Problem is, it's broadcasting nonstop noise into your work-free hours. Instead, plan a time to watch your favorite shows. Daily exposure to the depressing litany of pain

and conflict we call "news" isn't making your life better. Neither is watching the "Fatty McButterpants" episode of King of Queens for the 50th time.

Set some work/life boundaries with the 7-to-7 rule. The company won't crash if you stop answering emails around the clock. After 7 p.m., put away your devices for the night. Don't pick them up again until 7 a.m. the next day.

Insist on phone-free family dinners. Yes, the kids might whine at first, but soon enough they'll get used to conversing with the out-of-touch "Boomers" and "Karens" at the table.

... And screen-free family fun days. For instance, make video games and TV completely off-limits every Wednesday and Friday. Yes, even if the kids swear that they have no homework. Instead, do something fun or productive as a family. Play a board game. Go bowling or skating. Cook a great meal together. Volunteer at the local animal shelter. Maybe even read.

Learn to save your "appetite" for the stuff that really matters. Your "appetite" is really your attention span, and it's your most precious resource. Filling up on headlines, emails and social media means there's little left over for doing the deep and meaningful work that helps you reach big goals at work and in your personal life. Before you cozy into an hour of lurking on your ex's Facebook page, close the laptop and find something productive to do.

... And choose some meaningful goals to pursue. When you are able to sharpen and aim your focus, you can do some

NOISE DIET continues on **Page 16**



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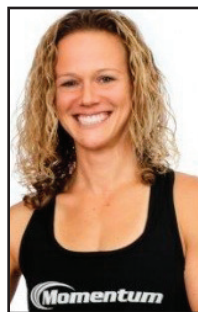
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Feel healthy, feel self-confident



Marie Merritt
Guest Columnist

Health is more than just the way we look. However, the way we look is directly related to our self-confidence and the way we feel about ourselves. When setting goals for your physical appearance, remember to base them off your body

and not the people you see online. Every body is different and the way you respond to dietary and activity changes will be different than another person.

Creating a plan is the key to being successful in every aspect of life. When making lifestyle changes to improve your overall health, remember to set a primary goal and work backward. Set the intention for your year, then break it into quarterly marks. These should move you toward the primary goal. After you have your quarterly marks, create 30-day plans. Evaluate your progress every 30 days to make sure you are moving in the right direction. Always enter your tasks on a calendar. This will turn, what once seemed, a huge feat into manageable actions.

When making your plan, seeking the guidance of a trained professional, such as a personal trainer and/or dietitian will

help you create goals specifically for you. The internet is full of self-proclaimed experts and that can be a dangerous thing. Find professionals who are well educated, experienced, certified and licensed in their fields of expertise.

The vital parts of every well-rounded fitness program include; exercise, nutrition, sleep, and recovery. Exercise is meant to push you, but not to burn you out. The way you move your body should have purpose and help you become stronger and less prone to injury. Nutrition provides your body with essential vitamins, minerals, and nutrients to help you have energy and to help your body repair. Sleep is when your body goes to work to heal, reduce stress, improve immunities, balance your hormones, and support healthy brain and body functions. Recovery days are the days you allow your body to move freely without the stress of wear and tear from exercise. Recovery days can be spent moving, but the movement should be more restorative (yoga is a great example).

Once you find what works for your body, stick with it. If I had a magic pill, I would call it consistency. The more consistent you are, the easier life is. Then we can make small changes and more

MERRITT continues on Page 15

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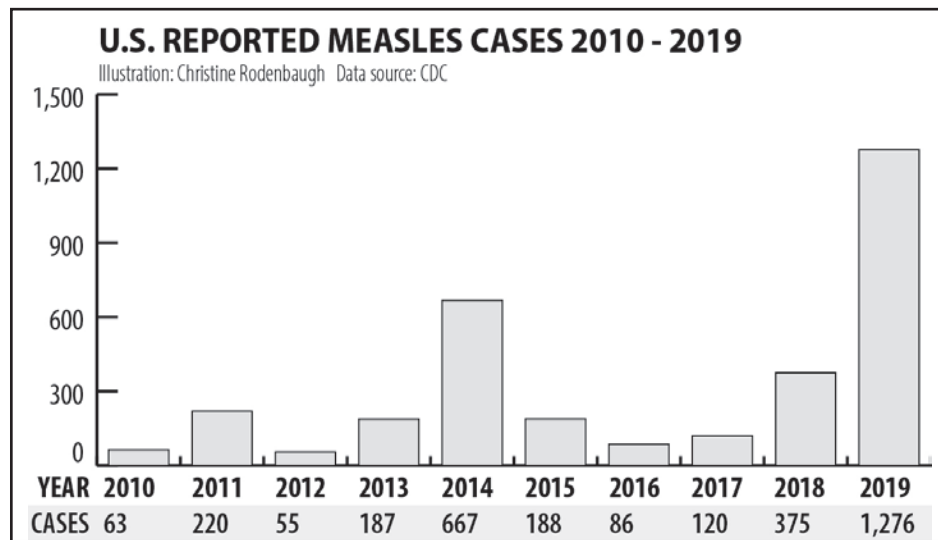
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Measles cases in US increase sharply in 2019

By Christine Rodenbaugh

In 2019, there were more U.S. measles cases than in any of the last 25 years according to Centers for Disease Control and Prevention. As of Dec. 5, CDC reported 1,276 cases of measles in 31 states, including Florida. This is the largest number of cases reported in the U.S. since 963 cases were reported in 1992.

Ten states reported measles outbreaks. Florida is not among them, but travelers may be exposed to carriers at home and abroad. According to Colorado's Tri-County Health Department, three unvaccinated children may have exposed travelers in the Denver International Airport to measles on Dec. 11.

The CDC has guidelines to determine if residents are protected from measles. Health officials require written documentation (records) instead of relying on recollections from family members.

How to determine if you're protected

Some residents need two doses of measles-containing vaccine to be considered protected from measles by the CDC: School-aged children (grades K-12); or adults who will be in a setting that poses a high risk for measles transmission, including students at post-secondary schools, healthcare personnel and international travelers.

One dose of measles-containing vac-

cine is needed for preschool-aged children and adults who will not be in a high-risk setting for measles transmission.

Anyone who has had measles (confirmed by a laboratory) or who is immune to measles (also confirmed by a laboratory), is considered protected from measles. And, those who were born before 1957 are considered protected.

That birth year is important because a "killed" measles vaccine was given to nearly 1 million people between 1963 and 1967. Without written records, people vaccinated in that time period may not know if they received the less effective killed measles vaccine. If written documentation of measles immunity is not available, CDC recommends getting a current measles-mumps-rubella vaccine. There is no harm in getting another dose of MMR vaccine for those who may already be immune to measles (or mumps or rubella) according to CDC.

The St. Johns County Health Department offers childhood immunizations, but the only adult vaccine available at the department is Hepatitis-A. Ask your physician, urgent care facility or pharmacy if they offer the vaccine. Some insurance policies cover preventive care including adult immunizations, but check to be sure. Prices vary widely, so for those who self-pay, shop for the best option.

Visit www.cdc.gov/measles for more information.

Merritt

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consistent progress over longer periods of time. Our bodies like routines and consistent action. Being consistent with your efforts and having the determination to push through challenges will create amazing results for you, both mentally and physically.

Another key to being successful is by surrounding yourself with people who support your vision. Make sure they know

what your goals are and how they can help keep you accountable. Sharing your progress with others and having them celebrate your success with you ensures you will continue to reach new personal goals and you may even find that you can accomplish more than you originally thought you were able.

Remember to move and nourish your body daily.

Marie Merritt is the owner of Momentum Wellness in Ponte Vedra Beach, Florida. She is a nationally certified personal trainer and has been in the industry for over 15 years.

Healthy, wealthy and wise



Scott A. Grant
Guest Columnist

In 1854, a cholera epidemic threatened the city of London. Public Health Authorities issued vague warnings about "bad air." Dr. John Snow disagreed. Over the long hot summer of 1854,

he meticulously mapped every cholera death across the city. His research showed the outbreak centered around the Broad Street pump in Soho. No one really believed his theory about germs, but his research was impressive enough to lead the local council to disable the pump by removing the handle. The cholera epidemic ended.

As a British Army Doctor in WWI, Alexander Fleming, watched in agony as wounded soldier after wounded soldier died from bacterial infection. After the war ended, the Scotsman set out to find a cure. For 10 years he labored and then one morning in 1928, he came to work and discovered mold growing in an untended petri dish by the window. He noticed that the "juice" from the mold was killing the bacteria. He named his discovery penicillin.

As a child growing up in Harlem and the Bronx during the great depression, Jonas Salk saw first-hand the ravages of polio on children his own age. The son of eastern European immigrants, Salk devoted two decades to finding a cure for the disease. Salk introduced his Polio vaccine in 1952. In 1955 it was declared safe. Salk became an immediate hero and celebrity, but he refused to patent the miracle drug, declaring that the patent belonged "to the people."

As a result of those and other amazing medical advances, we are all living longer. In 1900, life expectancy at birth in the United States was around 47 years. Today it is almost 80. And the longer you live, the longer you are expected to live. If a couple makes it to 65, one of them is expected to live

to the age of 92. What that means is that we need more money, a lot more money.

Fifty years ago, people often retired and died almost immediately. Corporations provided a comfortable retirement to retired workers who lasted longer. Today we live even longer and most of us are responsible for providing the money. Lots gets written about saving early and often and taking advantage of company 401k plans. This is certainly good advice, but you need to go further. These days the average person will have 12 jobs in a lifetime. Many of those jobs will be for less than five years. Even if all of those jobs offer a 401k or 401k type plan, we need to make sure those savings are working for us.

Most reputable experts emphasize the importance of stocks as a major component of a successful retirement plan. This is because stocks have historically provided the highest rate or return of any financial asset. That extra return matters. Since 1957, the S&P 500 has returned about 8% per year. Certificates of Deposit currently yield less than 2%. If you were to invest \$250 a month for 30 years at a 2% rate of return, you would have \$123,181 at the end of the period. But that same money earning 8% will grow to \$372,590. Is \$370,000 enough to retire? Probably not. You will need more.

There is a crisis facing the citizens of this country no less odious than disease. The savings crisis is real and threatens almost every American family. I and my company intend to take on that crisis locally through a series of Health & Wealth presentations featuring some of the area's best-known medical professionals. We plan for a frank and open discussion of money and health. Join us for the first of these from 6 to 8 p.m., Jan. 16 at the Cultural Center at Ponte Vedra Beach.

Scott A. Grant is president of local fiduciary asset manager, Standfast Asset Management. In his free time, he writes and speaks on a variety of topics.



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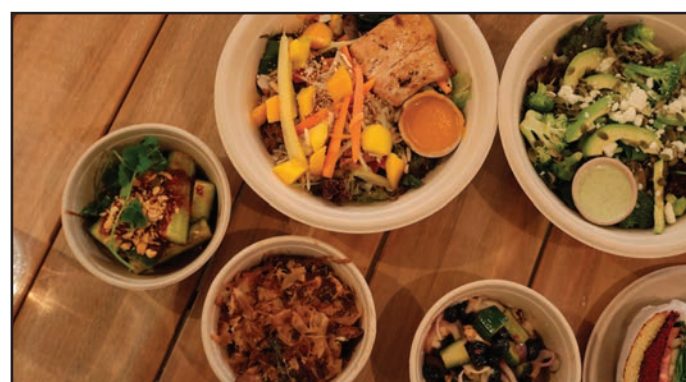
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ABOVE: Team member Noah Hamlett sprinkles toppings to McFlamingo's mahi, mango and ginger salad.



LEFT: Healthy eatery, McFlamingo, recently opened in Ponte Vedra Beach, offering fresh, vibrant ingredients and unique flavors.

Photos by Daniela Toporek

Healthy eatery brings new flavors to Ponte Vedra Beach

By Daniela Toporek

With the new decade comes the arrival of more innovation and creativity. And tucked inside the Ponte Vedra Pointe Shopping Center is a new Ponte Vedra Beach restaurant, McFlamingo, which according to co-owner, Lea Osel, is taking a lead in innovation and creativity for a healthier and flavorful lifestyle.

McFlamingo's mission is to "create a dining experience in which vegetables are an indulgence and are served in a delicious and hearty way," Osel states on website of the eatery, which offers a variety of vibrant and colorful dishes that are light on the stomach but heavy on the appetite.

"One of the things we're trying to offer are having man-sized salads," Osel said. "When we were looking at what's already offered in town, my partner was starving still. He said, 'There's a way you can

make a salad where a man also wants to eat and finish.'"

Osel's partner is her husband, who has been a chef for over 25 years. His years of experience gave him the ability to create the restaurant's menu through improvisation, without even testing the dishes.

"It just all came out of his mind," Osel said. "He did a really good job, combining flavors that are different while making really healthy food taste really good. I think because they're hearty and full of different textures and flavors. Not every bite is the same."

Osel said they make, cut and prepare everything fresh every day, because being fresh is really important to them.

Food blogger and restaurant influencer Nate Mayo, from "Nate Does Food," blogged, "Compared to your traditional

EATERY continues on Page 17

Noise Diet

Continued from 13

pretty impressive stuff. Want to start a website? Get a better job? Learn to code? These "North Star" goals are the best incentive to rethink your relationship with noise and see how your life changes.

We don't realize that very often our addiction to information is the thing holding

us back from getting a huge promotion, becoming valedictorian, or training for a marathon, but that's exactly what happens as time passes. Once you think of it this way, it's so much easier to put yourself on a noise diet. Make this the year you take back your time and use it to do something that matters.

Joseph McCormack is the author of "NOISE: Living and Leading When Nobody Can Focus."



Photos by Daniela Toporek

McFlamingo also offers filling, yet healthy snacks, like hummus topped with chili oil, cilantro and jalapeno.

Eatery

Continued from 16

salads, these have so many ingredients, textures and unique dressings — like cashew tumeric lime dressing — and they're huge."

Mayo also commented on McFlamingo's lentil burger, saying it's a "gateway drug" that opens the door to healthier options. "We had a family here and the kids tried a sample and they liked it a lot! The 'impossible burger' is a fad now, but I really think people should try it."

There are vegan options at McFlamingo, but it's not exclusively vegan.

In fact, Osel recommends the chicken, fish and shrimp dishes, like the hummus with spicy shrimp, mahi mango ginger salad and salmon sandwich. "My son eats the salmon sandwich every time he's here," she said.

To wash it all down, Osel implemented



The Lentil Burger is the "gateway drug" to trying healthier options, according to foodie and influencer Nate Mayo.



Photo by Nate Mayo

Owner Lea Osel says her son's favorite entrée is the salmon sandwich and he orders it every time he visits.

a gluten-free and gluten-full craft beer selection, bubbly wines and prosecco on tap.

"I literally have been talking about having prosecco on tap for 10 years," she said. "Finally, I made that come true, which is really exciting and has definitely been a fan favorite."

McFlamingo is located at 880 A1A N. #12, Ponte Vedra Beach.

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Tim Schneider, M.D.
Schneider Eye and Wellness Center

“Give me spots on my apples, but leave me the birds and the bees”

– Joni Mitchell, “Big Yellow Taxi”

What could these lyrics possibly have to do with eyes, macular degeneration, and nutrition? Could eating apples or carrots possibly prevent blindness and possibly so much more?

The answer is yes.

Macular degeneration is the leading cause of vision loss in Americans 60 years of age and older. Advanced age-related macular degeneration is a leading cause of irreversible blindness and visual impairment in the world. Eleven million Americans currently have it and this number is expected to double to 22 million by 2050.

Yes, 22 million with impaired vision.

Treatments do exist, but once the eye is damaged, the vision is usually permanently impaired. My hope is to raise your awareness about something

that so few of us in the medical community ever talk about, and that is prevention.

Did you know that the more fruits and vegetables you eat, the better your chances of preventing cancer, cardiovascular disease, cognitive decline and possibly macular degeneration?

Certain nutrients found in fruits and vegetables have been found to decrease the chances of the worst kind of macular degeneration by 25%. The more you eat, the better your chances for health.

A German study showed that people with a high daily intake of fruits and vegetables have higher antioxidant levels in their blood, lower levels of biomarkers of oxidative stress (aging) and had better cognitive performance than healthy subjects of any age consuming lower amounts of fruits and vegetables.

Fifty years ago, the folk singer Joni Mitchell lamented sacrificing our environment by the ravages of DDT and its effects on the at-the-time endangered, bald eagle.

Today, we have spot-free apples but more tragically, our apples of today,

SCHNEIDER continues on Page 22

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Shapiro Group, 2012.



Photo by Christine Rodenbaugh

Andrea Jones (left) attended her first Focus Meeting with Burn Boot Camp trainer Evelyn Martin on Dec. 26. Jones signed up for one of the 100 free 30-day trials available before the grand opening.

Gym

Continued from 13

Not only will fellow members encourage and support fitness goals, the gym's "focus meeting" system consists of unlimited one-on-one sessions with a head trainer. Whether it's advice regarding nutrition, performance, lifestyle or weight loss, trainers are equipped to help members reach goals.

Each camp includes a warmup, workout and finisher. Trainers demonstrate each motion with a modification down for those just starting out or who have injuries, and a modification up for those looking for a more robust workout.

"We meet you where you are; wherever that is," Melquist said.

For more information or to request a 14-day free trial, call (904) 671-9050. Visit bit.ly/pyburnbootcamp for scheduled camp times.

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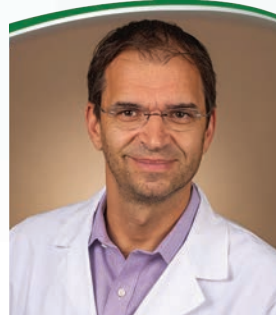
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Thursday, Jan. 9	Friday, Jan. 10	Saturday, Jan. 11	Sunday, Jan. 12
<p>Om in the Dome Join regional teacher Melissa Hirschman, at the Museum of Science and History, along with master handpan musician, John Guinta, for a hypnotic evening of yoga and live music under the stary scenscape inside the Bryan-Gooding Planetarium. Om in the Dome starts at 6:30 p.m., Jan. 9. Entry is \$20 and no yoga experience is necessary. Light refreshments will be provided after the yoga practice. The MOSH is located at 1025 Museum Circle in Jacksonville.</p>	<p>Sarbez!'s six-year anniversary Sarbez! is turning six! The craft beer and gourmet grilled cheese venue will be celebrating all week-end. For \$5, enjoy live music from the bands, Oh Great Sea, The Rightly So and Remedy Tree and a \$5 drinking token for every entry. Doors open at 8 p.m., Jan. 10, and the show starts at 9 p.m. For more information, call Sarbez! at (904) 342-0632. Sarbez! is located at 115 Anastasia Blvd. in St. Augustine.</p>	<p>The Mini Bar's two-year bash Visit and celebrate with The Mini Bar, from 7 a.m. to 7 p.m., Jan 11, for its two-year birthday bash. The bar and bakery will be running sales and specials all day long. Shop with local vendors like Lumi Bean Soy Candles, Body & Soul, Couture Jems, LuEls, Glass Cactus and more. Mini Bar is also teaming up with BEAM, collecting food and clothing donations for the foundation. Each person who donates an item will earn a raffle ticket, where the Mini Bar will be raffling donuts, merchandise, gift cards and more. For more information, email info@minibarondonuts.com. The Mini Bar is located at 1300 Beach Blvd. in Jacksonville Beach.</p>	<p>'Two Trains Running' auditions at Players By The Sea Theatre Auditions for Players By The Sea Theatre's latest production, "Two Trains Running," will start at noon, Jan. 12. Registration is at noon and auditions start promptly at 1 p.m. In August Wilson's production, history unfolds around everyday lives against the backdrop of the civil rights movement. Long-time regulars gather at the local diner in Pittsburgh's Hill District to gossip, flirt and play the numbers. Now, the owner must decide whether to let the city take over his building or sell it to a shrewd, local businessman. Two Trains Running paints a compassionate and unforgettable portrait of ordinary people in the midst of transformation. For more information on auditions, call (904) 249-0289, email info@playersbythesea.org or visit www.playersbythesea.org/auditions. Players By The Sea Theatre is located at 106 Sixth St. N. in Jacksonville Beach.</p>
<p>Realtor Sales and Marketing Power Luncheon Lisa Harris of America's Choice Title Company and Chad Ethier of Bank of England, are hosting a Realtor Power Lunch from 11:30 a.m. to 1p.m., Jan. 9 at V Pizza in Palm Valley. This lunch will be a networking session where to share information on marketing ideas for Realtors in the marketplace. Bring copies of latest listings while enjoying snacks and drinks. There will also be a drawing for a door prize, so bring business cards. To RSVP or for Non Realtors who are interested in the event, email Harris at lisa@achoicetitle.com. V Pizza in Palm Valley is located at 154 Canal Blvd. in Ponte Vedra Beach.</p>	<p>Basic Guitar Maintenance Class at George's Music Jax Beach Visit George's Music Jax Beach from 6:30 to 7:30 p.m., Jan. 10, for a basic guitar maintenance class. Whether just getting started or playing for years, but want to continue learning more, this class is free and open for call. The class will cover the basics that guitarists need to know, like how to change guitar strings and keep it playing like new! The workshop covers standard six-string instruments, not locking tremelo or nylon stringed instruments, and will go over restringing a guitar properly, maintenance and conditioning, how to tune the guitar and more. For more information, call (904) 270-2220 George's Music Jax Beach is located at 912 Third St. S. in Jacksonville Beach.</p>	<p>Farmers Market at the St. Augustine Amphitheatre Shop fresh foods, artisan goods and local art as shoppers enjoy local music and flavorful eats, Saturdays, from 8:30 a.m. to 12:30 p.m., at the St. Augustine Amphitheatre. Pets are not allowed in the market. For more information, visit www.facebook.com/staugampmarket. The St. Augustine Amphitheatre is located at 1340C A1A S. in St. Augustine.</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>Thirsty Thursdays 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>Ponte Vedra Professional Networking Group meeting The Ponte Vedra Professional Networking Group schedules weekly meetings, Fridays, 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 Jan. 10 at 8:45 a.m. Fidelity Bank is located at 110 A1A N. in Ponte Vedra Beach.</p>	<p>Peace of Heart Farm community service event Peace of Heart Community Farm is having a volunteer day from 10 a.m. to 12:30 p.m., Jan. 11. Located in front of the residential home for six young women with autism, Peace of Heart Home (POHH), the farm is used to provide healthy, sustainable food for the residents, local restaurants and farmer's market venues. Volunteering at the farm will give those the opportunity to learn about organic gardening, provide a much-needed service for the farm, and promote reverse inclusion opportunities, where persons with and without autism can work side by side. It is recommended that volunteers wear clothes that can get dirty, closed-toe shoes, a water bottle and work gloves. To register or for more information, email lovepohc@gmail.com or visit www.pohc.org/get-involved/volunteer. Peace of Heart Community Farm is located at 14A S. Roscoe Blvd. in Ponte Vedra Beach.</p>	<p>First Coast Newcomers Recreation Club recreation date The First Coast Newcomers Recreation Club will join for a music concert in St. Augustine at 2:20 p.m., Jan. 12. The event is free to attend with walk-ins and guests welcome. Contact the club organizer at (904) 829-0643 to RSVP, the location and/or for more information.</p>
<p>Torah & Tea Join with fellow Jewish women for camaraderie and refreshments as they meet for "Torah & Tea," Thursday mornings at 9 a.m. This weekly study group finds relevant messages from issues discussed in the Weekly Torah portion. Reservations can be made by contacting Leah Kurinsky at lkurinsky@gmail.com or (904) 543-9301. Torah and Tea meets at Chabad at the Beaches, located at 521 A1A N. in Ponte Vedra Beach.</p>	<p>DIY Doormat Workshop Grab some friends and family and join Hammer & Stain for a do-it-yourself doormat workshop from 6 to 8 p.m., Jan 10. Class costs \$45 and all materials will be provided in the studio. Register early to save a seat. To reserve a spot or for more information, call (904) 834-9690 or email hammerandstainbeaches@gmail.com. Hammer & Stain is located at 469 Atlantic Blvd., #7, in Atlantic Beach.</p>		<p>All-Levels Yoga in the Gardens Visit the Jacksonville Arboretum & Gardens and join Harmony Mind Body & Spirit for a relaxing, tranquil morning for yoga flow and breath with motion from 11 a.m. to noon, Jan. 12. This is an all-level workshop. Bring friends, family and enjoy complimentary refreshments and snacks. This is a donation based, all levels workshop. Jacksonville Arboretum & Gardens are located at 1445 Millcoe Road in Jacksonville.</p>

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Monday, Jan. 13	Tuesday, Jan. 14	Wednesday, Jan. 15	Thursday, Jan. 16
<p>NCAA National Championship watch party at Monkey's Uncle Tavern Enjoy Monday night football with the staff of Monkey's Uncle Tavern, from 8 to 11 p.m., Jan. 13, as they host a watch party for the NCAA Championship. Watch as Clemson takes on LSU for the title, with over 25 big screens and the 310-inch Goliath screen. For More information, call Monkey's Uncle at (904) 246-1070. Monkey's Uncle Tavern is located at 1728 Third St. N. in Jacksonville Beach.</p> <p>Beaches Business Association lunch and networking meeting The Beaches Business Association is a group of business owners and professionals who work together to support the beaches communities and raise funds for high school graduating seniors. The group meets Mondays at the Moose Lodge in Jacksonville Beach for networking and lunch. Lunch cost is \$12 with \$1 ticket sales for door prizes to help the scholarship fund. Networking begins at 11:30 a.m., Jan. 13, with the meeting following from noon to 1 p.m. For questions or more information, visit www.jaxbba.org. The Moose Lodge is located at 805 First Ave. N. 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>Criss Angel: The Mindfreak Unplugged Criss Angel has dominated the world of magic for over a decade, yet his passion to constantly create and bring magic to fans has not diminished. Witness his famous street magic, mentalism, and some of his most iconic illusions come to life in an intimate, "RAW" setting. Criss Angel will perform at the Florida Theatre at 8 p.m., Jan. 13. For tickets and more information, visit www.floridatheatre.ticketforce.com. The Florida Theatre is located at 128 E. Forsyth St., #300, in Jacksonville.</p>	<p>Make & Take: Kindness Rocks This month, the Friends of the Ponte Vedra Beach Branch Library will be painting kindness rocks or mandalas to share inspiration and kindness with a loved one, a stranger or even one's self. The event is at 2 p.m., Jan. 14, and is inspired by the Kindness Rocks Project. Space is limited. Call or visit the library front desk to register and save a spot. To register or more information, call (904) 827-6950. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd. in Ponte Vedra Beach.</p> <p>Lillies of the Valley support group Lilies of the Valley is a monthly support group offered free of charge to widows in the community. A luncheon and meeting is held the second Tuesday of the month, from 11:30 a.m. to 1:30 p.m., at Ponte Vedra Valley. The next meeting is Jan. 14. For more information, call the Ponte Vedra Valley offices at (904) 285-1130. Ponte Vedra Valley is located at 4750 Palm Valley Road, in Ponte Vedra Beach.</p> <p>Men's Over 40 Basketball This active recreational group meets at the Palms Presbyterian Church gym (Fellowship Hall), Tuesdays at 6 p.m., for exercise and fellowship. The group is open to all who want to play some ball. For more information, call Paul Short at (904) 626-5305. Palms Presbyterian Church is located at 3410 Third St. S. in Jacksonville Beach.</p> <p>Karaoke at theLOFT Liven up a Tuesday evening and visit theLOFT for its weekly karaoke party. Dj. Keith Wilson will provide the tunes, with a wide range of up-to-date songs and lyrics projected on a massive screen on theLOFT's wall. The first five participants get a free shot of Fireball and bragging rights. This event is free and open to those over 21 years of age. For more information, call theLOFT at (904) 551-1350. theLOFT is located 925 King St. in Jacksonville.</p>	<p>Ottmar Liebert & Luna Negra at the Ponte Vedra Concert Hall Flamenco guitarist Ottmar Liebert's global success can be attributed to a myriad of things, his creative vision, his determination and a strong sense of melody. Listen to Liebert and his band, Luna Negra, at the Ponte Vedra Concert Hall at 8 p.m., Jan 15. His musical style, a mix of Spanish, Mexican and world elements, strong melodies and up upbeat rhythms made him an international sensation and established a unique border-style of flamenco. For tickets and more information, www.pvconcerthall.com. The Ponte Vedra Concert Hall is located at 1050 A1A N. in Ponte Vedra Beach.</p> <p>Nights of Lights boat cruise The Nights of Lights boat cruises are back, now through Feb. 2, 2020, for a tour of the lights along the water in downtown St. Augustine. Boats will launch out of Beaches of Vilano and run between two to three trips per night, every day of the week. For more information, call Night of Lights Cruise at (904) 248-4424. Beaches of Vilano is located at 254 Vilano Road in St. Augustine.</p> <p>Caregiver support group A caregiver support group will meet at 6:30 p.m. at the Palms Presbyterian Church library, Jan. 8. The group encourages caregivers to maintain their own personal, physical and emotional health while they care for the person with dementia. In addition, the group may provide a much-needed break from caregiving responsibilities. Lunch will also be served. Registration is required and space is limited. Call the help line at 1 (800) 272-3900 to register or for more information. Palms Presbyterian Church is located at 3410 Third St. S. in Jacksonville Beach.</p> <p>Family Bingo at Trasca & Co. Eatery Join Trasca & Co. Eatery for a family-fun evening, Wednesdays, starting at 6 p.m. The restaurant will be hosting family bingo featuring pizza specials, craft beer specials and tons of fun. Bingo starts at 6 and runs until 8 p.m. Trasca & Co Eatery is located at 155 Tourside Drive in Ponte Vedra Beach.</p>	<p>JAX Vegan Couple's vegan dinner at McFlamingo JAX Vegan Couple will be hosting a vegan dinner at McFlamingo in Ponte Vedra Beach at 6 p.m., Jan. 16. Dinner is \$20 per person and includes an array of menu options like salads, lentil burgers, hummus, Brussel sprouts, a prosecco toast and more. RSVP by Jan. 14 at www.EventBrite.com by searching for, "@JaxVeganCouple." For more information, call McFlamingo at (904) 834-2331. McFlamingo is located at 880 A1A N., #12, in Ponte Vedra Beach.</p> <p>Health and Wealth in 2020: How do you envision the future? "Beyond 2020" is a great opportunity to hear from local visionaries who are experts in the arenas of health and wealth. Scott A. Grant, JD will speak on how to save for the next 200 years to shape the generations to come. After the presentation, speakers will be available for one-on-one conversations with guests. Refreshments will be provided by Savour Sensations. The presentation will be hosted at the Cultural Center of Ponte Vedra Beach from 6 to 8 p.m., Jan. 16. To RSVP or for more information, call the Cultural Center at (904) 285-2130. The Ponte Vedra Cultural Center is located at 50 Executive Way in Ponte Vedra Beach.</p> <p>The Art of Pop: A Warhol Dinner Party Celebrate the start of 2020 and the Cummer Museum's acquisition of works by pop-culture icon, Andy Warhol, at the Warhol Dinner Party at 6 p.m., Jan 16. Party guests will enjoy beer, wine, hors d'oeuvres, themed music, artful experiences and dinner. Tickets can be found by visiting www.cummermuseum.org. The Cummer Museum is located at 829 Riverside Ave. in Jacksonville.</p> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to Daniela@opcfla.com or call (904) 686-3939.</p> <p style="text-align: right;">Compiled by Daniela Toporek</p>

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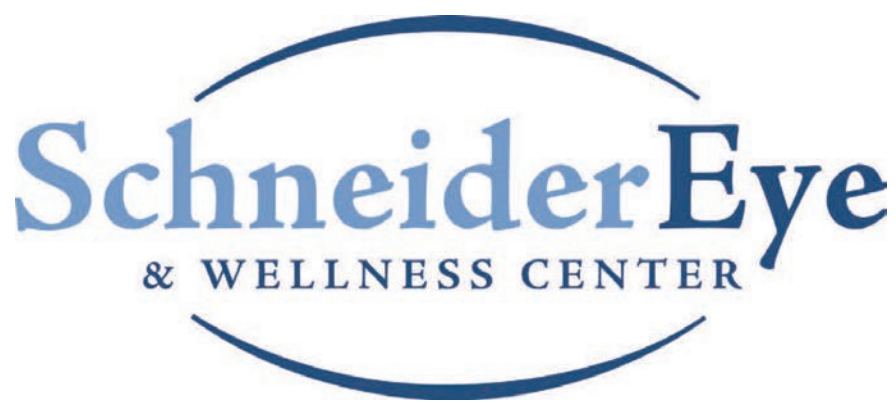
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compared to 50 years ago, contain much more sugar, are larger in size but there is an alarming drop in essential minerals and other nutrients. This rate of depletion appears to have been the greatest between 1978 and 1991.

In just 13 years, vegetables lost 57% of their zinc content which is vital for metabolic reactions and our vision. An orange from the 1950s was full of vitamin A, which is vital for good vision. To attain the same amounts today you would have to consume 21 of them. Onions and potatoes no longer contain any trace of it. The calcium contained in today's broccoli is only 25% of what it was in the 50s.

Why has this happened to our fruits and vegetables? Soils are depleted of vital nutrients by intensive agriculture and a wide range of fertilizers increase yields and size of our produce.

Much produce is picked too soon from the fields and not allowed to ripen. A ripe fruit has the most nutritional value and unless you are eating "local," your produce is harvested days to weeks before it is ripe.

Farmers are not rewarded for producing "nutritious" apples, but only sweet, blemish-free apples. If we could choose our produce based on the amount of nutrients, vitamins and minerals, we could spend less time in the produce

section choosing our veggies based on looks and how they feel.

Next time you are in the produce aisle, just watch how people shop for produce.

It is hilarious.

Some touch, some smell, some squeeze but everyone picks the best-looking fruits. Wouldn't it be great if we could compare blueberries based on the amount of vitamins or other phytonutrients instead of just what they "look like"?

You can't judge a fruit by its "cover."

Until that day comes when every apple is labeled with its nutritional facts, we must supplement our diets with nutritional supplements. Healthy, natural, food-based vitamins are nothing more than concentrated "food" that God designed for us to eat in the first place.

If you have macular degeneration or a genetic predisposition to it, (mom or dad has it) then why not hedge your bets and possibly preserve the vision you have now as an insurance policy for future vision.

"Focused-nutrition" are supplements, such as the AREDS II vitamin group, that have been shown to slow down macular degeneration. Over the next 30 years, 11 million Americans will develop macular degeneration who don't have it now. If you read this article, and do something to prevent your own blindness, then I did my job.

Here's to the year 2020, and a prayer that each of us is still 20/20 well into our 80s and beyond.

See the future the way I see it.



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January 16th 2020 6-8PM

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Business Weekly

Shearwater community selected as finalist for NEFBA's LAUREL Awards

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PAGE 23 THURSDAY, JANUARY 9, 2020

www.PonteVedraRecorder.com

Time for some New Year's financial resolutions



Karsten Jacobson
Columnist

Have you thought about your New Year's resolutions for 2020?

When many of us make these promises, we focus on ways we can improve some form of our health.

We vow to get more physically healthy by going to the gym, or

we promise to improve our mental health by learning a new language or instrument. But it's also important to think about our financial health—so it's a good idea to develop some appropriate resolutions for this area, too.

What kinds of financial resolutions

might you make? Here are a few suggestions:

■ **Increase your retirement plan contributions.** One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to your plan, the more you put in, the lower your taxable income will be for the year, and your earnings can grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into to your plan. Most people don't come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it's certainly worthwhile to invest as much as you can possibly afford.

■ **Use "found" money wisely.** During the course of the next year, you may well receive some money outside your normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill a gap in another investment account.

■ **Don't overreact to market downturns.** You've probably heard stories about people who lamented not getting in "on the ground floor" of what is now a mega-company. But a far more common investment mistake is overreacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next

rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors.



■ **Be financially prepared for the unexpected.** Even if you're diligent about saving and investing for your long-term goals, you can encounter obstacles along the way. And one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren't prepared for these costs, you might have to dip in to your long-term investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your

JACOBSON continues on Page 25

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Photo provided by St. Augustine Seafood Company

St. Augustine Seafood Company donated \$2,820 to the St. Augustine Lighthouse & Maritime Heritage Museum on Dec. 4. Pictured (from left) are Trustee Emeritus Lt. Col. Maury Keiser, U.S. Army (ret.); Ray Hamel, chairperson emeritus; Doris Wiles, board trustee; Capt. Bob Buehn, board chairperson; Tresa Calfee, museum major gifts officer; John Whitworth, executive chef of St. Augustine Seafood Company; Chris Froehlich, food and beverage general manager, St. Augustine Seafood Company; Cindy Stavelly, executive director of the St. Augustine Pirate & Treasure Museum and Colonial Quarter Museum; Ryan Tribble, St. Augustine Seafood Company; and John Whitworth, executive chef at St. Augustine Seafood Company.

St. Augustine Seafood Company donates \$2,820 from sale of Lighthouse Lemonade

St. Augustine Seafood Company is helping save St. Augustine's maritime heritage with a boost to collections and artifact care at the nonprofit St. Augustine Lighthouse & Maritime Museum.

The restaurant team presented a check for \$2,820 to the Museum during the annual Luminary Night on Dec. 4. The donation was made possible through the sale of Lighthouse Lemonade at the restaurant, located on St. George Street. For each lemonade sold, \$1 goes to the museum to help preserve its collection of 19,000 maritime artifacts, archaeological specimens and archival documents.

"Some of these artifacts are from under the sea, and many represent the family

history of St. Augustine residents," said Capt. Bob Buehn, chairman for the Lighthouse Board of Trustees and a U.S. Navy retiree. "We thank St. Augustine Seafood Company for their support."

St. Augustine Seafood Company collaborates with local and regional fisheries to source sustainable seafood. The lemonade, also made with peaches, is specially prepared and was created by Executive Chef John Whitworth and his staff at the restaurant.

"Through St. Augustine Seafood Company, we set out to honor the rich fishing and maritime history of St. Augustine

LEMONADE continues on Page 25

SOUTHERN DREAM, PONTE VEDRA STYLE!



When the current owners decided to repaint and redesign their beautiful home they took their inspiration from The Southern Dream, 2019, Idea House on Cranes Island, Florida. Step inside 24600 Deer Trace Drive and experience our Southern Dream, Ponte Vedra Style! Just like Cranes Island our majestic home lives large on 1.73 acres, with stunning water views that lead to the Intracoastal waterway surrounded by sweeping oak trees and natural palms. This splendid home features over 5900 square feet of beautifully designed space for entertaining and refined ease that combines comfortable spaces in a classic blue and white design. With four fireplaces, an amazing chefs kitchen & an apartment for family or friends to stay, this magnificent home is offered for \$1,399,000.

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Shearwater recognized as finalist for 2019 NEFBA LAUREL Awards

Shearwater, a master-planned residential community off County Road 210, was recently recognized as a finalist for the 2019 LAUREL Awards by the Northeast Florida Builders Association. These industry accolades celebrate Shearwater's meticulously designed and crafted 1,500-acre community, as well as the community's marketing achievements.

The LAUREL Awards are presented annually by NEFBA and recognize the builder industry's most outstanding contributors (Builder, Trade, and Design Professionals) who have distinguished themselves by working hard to deliver their best each day for the betterment of the industry.

Shearwater's overall masterplan concept is a finalist in the following categories:

- Best Community Amenity Center
- Best Brochure – Community
- Best Print Campaign – Series of Ads
- Best Radio Commercial/Campaign
- Best Overall Advertising Campaign
- Best Customer Promotional Event
- Best Realtor Promotional Event

"Recognition from the NEFBA in the LAUREL Awards is an honor and a testament to the dedication and hard work of our Shearwater team," said Suzanne Maddalon, vice president, Freehold Communities. "From our marketing campaigns, to our community events hosted by our talented Lifestyle team members, Shearwater focuses on creating a truly unique community that offers natural beauty, resort-style amenities, immersive engagement, a connection to the outdoors and connections to each other."

Jacobson

Continued from 23

investment accounts. Or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months' worth of living expenses in this account.

It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 — and beyond.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Karsten L. Jacobson, CFP, is a financial advisor for Edward Jones at 2208 Sawgrass Village Drive in Ponte Vedra Beach 904 285 9898.

Lemonade

Continued from 24

both through serving the freshest American seafood, direct from local waters whenever available, and also by sharing the story of St. Augustine's proud fishing legacy," said Jeffrey Sorg, the CEO of Pat Croce & Company, the group that owns the restaurant. "As part of the menu

development effort, we felt we needed a specialty drink that tasted great with the menu and reflected the SASco brand values and honestly, lemonade, was really the unanimous choice, given its history as perhaps the most iconic American beverage."

For more details about the St. Augustine Lighthouse & Maritime Museum, visit staugustinelighthouse.org or call (904) 829-0745.



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146 SEA HAMMOCK WAY

Completely renovated oceanfront condo featuring 2 BD, 2 BA w/ deck overlooking miles of the Atlantic Ocean & Guana Preserve. This unit offers the perfect arrangement for outdoor entertaining & watching sunrises & sunsets!
MLS# 1030683 / \$779,000



204 N MILL VIEW WAY

Lovely home in Sawmill Lakes featuring 5 BD, 3 BA and 2,731 sq. ft of living space. Relax in the screened lanai overlooking the lake and beautifully landscaped yard!
MLS# 1020158 / \$599,000



608 IBIS COVE PL.

Beautifully renovated home in Marsh Landing's prestigious North Island featuring 5 BA, 6 BD and over 6,000 sq.ft. The outdoor living spaces are lovely and the sunset views from the pool and balcony will take your breath away!
MLS# TBA / \$1,990,000



605 ALHAMBRA LN. N

Perfect 3BD, 2BA home in Sawgrass Players Club on a large lot with a new roof, new A/C unit, new carpet and was just freshly painted! The kitchen and bathrooms have been updated too!
MLS# 1025641 / \$410,000



2703 2ND ST. S

Your options are endless with this 4 BD, 2.5 BA beach house, just 2 blocks from the ocean. Enjoy the lagoon views while relaxing to the sound of waves in your own backyard.
MLS# 1031232 / \$865,000



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Grammy-nominated funk band, LETTUCE, rocks Ponte Vedra Concert Hall



By Daniela Toporek

The normally quiet little venue off Florida A1A known as the Ponte Vedra Concert Hall was transformed into a psychedelic funkatorium Jan. 5 when the Grammy-nominated ensemble LETTUCE came to town. The band's colorful performance lit the show and painted the inside of the hall in reds, blues, greens and many other colors as the music played to a crowd of all ages.

Many in the audience were seasoned fans who'd seen them perform before at other music festivals, including Electric Forrest and Florida's Hulaween at the Spirit of the Suwannee Music Park in Live Oak.

The Seattle-based American soul-jazz group Delvon Lamarr Organ Trio (DLO3) kicked off the evening. After a few groovy songs, they played an instrumental cover of Nirvana's "Smells Like Teen Spirit," bringing some 90's grunge to the new decade. The trio happily greeted fans after their set. "We've been together for five years and we've played in Florida before, but it was our first time in Ponte Vedra," Delvon Lamarr said.

Based on the loud applause they received, it probably won't be their last.

After a quick intermission, the stage lights shone red and the audience of "LETTUCE-heads" swarmed up front. The symbols came first, then the brass and as the lights shined brighter, Adam Deitch dropped the beats and everyone cheered.

After hyping up the crowd, the band took a brief pause. A familiar melody faded in, vibrant 70's patterns lit up the hall and multi-instrumentalist and vocalist Nigel Hall began to sing, "Welcome to your life..."

Fans "wooooooed," heads bumped and bodies swayed to the euphoric vibes and colors while LETTUCE played their cover of Tears for Fears' "Everybody Wants to Rule the World."

"They're so fun," said long-time fan Alexis Dillard, who first saw LETTUCE play at Hulaween. "This was my first time seeing them outside a festival."

"Hulaween is one of our favorite places to play," Deitch, LETTUCE's drummer, said. "We love Suwannee Park." But they love playing smaller venues just the same, he said, explaining that both are grand, but different experiences.

"We see the people dancing and all their faces, so it's very personal," Deitch said about performing in smaller venues like the concert hall. "People can really be part of the show. It's great."

The Ponte Vedra Concert Hall welcomed Grammy-nominated funk band, LETTUCE, to perform Jan. 5, with opening act, the Delvon Lamar Organ Trio.



LETTUCE fans, Nathan Ranew and Alexis Dillard, attend the Ponte Vedra Beach, mentioning they've seen Lettuce perform at prior festivals.

Photos by Daniela Toporek

LETTUCE drummer, Adam Deitch, performs an elaborate drum solo during the set.

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10th annual Saint Augustine Film Festival to be held Jan. 16-19

The 10th annual Saint Augustine Film Festival is slated for Jan. 16-19, with movies at Lewis Auditorium, Corazon Cinema & Café and Gamache-Koger Theater. Tickets to individual films are \$10 for general admission and \$8 for seniors age 60 and up.

There are three different Film Badges: ALL ACCESS provides entrance to all films at any venue plus four parties for \$180; ALL FILM provides entrance to all films at any venue for \$120; LEWIS provides entrance to all films at Lewis Auditorium and Gamache-Koger for \$70.

The festival will show 21 feature films, 10 documentaries and 11 shorts, plus a selection of Flagler College student films.

Three films of particular local interest are:

“America’s Untold Story,” shown free of charge in two episodes, PART I, 7 p.m., Thursday, Jan. 16, and PART II, 6 p.m., Sunday, Jan. 19. The first permanent European settlement in the nation was founded two generations before the Pilgrims arrived in 1565. The film uncovers the story of America that never made it into textbooks. It was shot in and around Saint Augustine. Narrator: Jimmy Smits.

“Where There is Darkness,” Saturday,

Jan. 18, Noon. Fr. Rene Robert was regarded as a “living saint” in the tight-knit community of St. Augustine. But when he began helping ex-convicts get their lives together after prison, the people closest to him worried that he was putting his life at risk — especially the local sheriff, David Shoar, one of Fr. Rene’s longtime friends.

“Gamble Rogers: Down at The Terminal Tavern,” Sunday, Jan. 19. Live music begins 3:45 p.m. and the film at 4:15. Rogers was a wry humorist and chronicler of the classic misadventures and country shenanigans of backwoods scofflaws, loading ramp philosophers and truly sorry individuals who inhabit his fictional Oklawaha County. Also an outstanding guitar player and accomplished songwriter, the documentary traces the life and career of a unique and talented artist.

The Festival is very international, sponsored in part by the St. Johns Tourist Development Council, the State of Florida Dept. of State Division of Cultural Affairs, hosted by Flagler College and The Corazon and produced by The Fort Lauderdale international Film festival.

For more information on the films, tickets or in general, email Info@FLIFF.com or visit www.StAugFilmFest.com.

The Delvon Lamar Organ Trio greeted fans and posed for photos after their vivacious performance Jan. 5 at the Ponte Vedra Concert Hall.

Photo by Daniela Toporek



LETTUCE

Continued from 26

As this was their first time performing in Ponte Vedra Beach, the psychedelic

ensemble didn’t know what to expect but were thrilled with the outcome: fans drank, danced and rejoiced. Deitch had promised a “a real, feel-good show” from the band, and they absolutely provided.

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Sports

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www.PonteVedraRecorder.com

Much-improved Sharks near season's halfway mark

By Jim Moyes
Correspondent

Normally, Ponte Vedra Sharks basketball fans wouldn't be content with a 5-7 record near the midway point of a season. However, with eight of their top players from the previous season no longer available because of graduation or injuries, this season has suddenly taken a turn for the better.

The Sharks began the 2019-20 campaign by losing four of their first five games, salvaging a lone victory against an outmanned St. Joseph Academy squad. To compound the problem, first-year head coach Kevin Whirity was missing a number of players from his earlier practices who were members of the playoff-bound football team.

Despite beginning the season with a young and inexperienced team, Whirity accepted the challenge with a positive attitude.

"I believe every season brings a fresh start and each team takes on a new identity ... indifferent to prior year results and a players level of experience," he said. "Our team's approach to this season is one of selflessness, sacrifice and brotherhood, a concept that is our PV Shark creed."

After five games, and following a blow-out lost to an outstanding Providence team, Whirity called up three players from an undefeated JV team in hopes of stopping the bleeding, a decision that has paid immediate dividends.



Photo by Dylan Lane

Ponte Vedra High School boys basketball coach Kevin Whirity directs his team during the Sharks' 40-38 win over Creekside on Dec. 19.

SHARKS continues on Page 30

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THEME: MOVIE CHARACTERS

ACROSS

- Curaçao neighbor
- Lungful
- Not on a rolling stone
- British unemployment checks
- Schiller's famous poem, e.g.
- "Will comply" in radio communication
- Opposite of liability
- Napoleon Bonaparte or Louis Vuitton, e.g.
- Embedded design
- *Teen with telescopic powers
- *Adventurous professor with fear of snakes
- *He played it in "Casablanca"
- Sign of escape
- Steampunk decoration
- Thanksgiving tubers
- Fear of flying, e.g.
- Bun baker
- "CliffsNotes," e.g.
- Bound by oath
- Nay, to a baby
- Bread spreads
- *She takes on PG&E
- Sacrificial spot
- Wedding promise?
- Not yet final
- Eats between meals
- Blood-related problem
- Ship pronoun
- Diamond's corner
- Be obliged

DOWN

- Palindromic title
- CISC alternative
- *Female Superman foe alongside General Zod
- Afrikaners' ancestors
- Off course
- First-rate
- Nuptial agreement
- Version of a song
- Mr. Bean's ride
- Paella pot
- Diagnostic test
- Bean that rhymes with Goya
- Distance from side to side, pl.
- Insect in adult stage
- Tiny bite
- Most vital part
- *A barbarian
- Convex molding
- Ladies and _____, for short
- Name before X
- *Orphan who wanted more gruel
- Love between Abélard and Héloïse
- Pitching stat
- Nostrils, anatomically speaking
- Pine
- Fleur-de-_____
- Novelist Wharton
- *Adopted orphan of Green Gables
- Auction set
- Like a disreputable neighborhood

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7	2		4	5					
5						6			

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

- *a.k.a. The Mayor of Castro Street
- *Hutch actor in 2004's "Starsky & Hutch"
- *Famous Frankenstein portrayer
- Like Michael Collins
- *One of Miss Hannigan's orphans
- *Russell Crowe's Biblical role
- _____ of the trade
- Bar seat
- Type of realistic baby doll
- *Pizzeria owner in "Do the Right Thing"
- Strings
- Olfactory sensation
- Avoid
- Poet Angelou
- Flock's affirmation
- Bank's provision
- Dry or salt
- Brewer's kiln
- Great Lake
- Retired, shortened
- Spanish river
- Like a wallflower

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First Coast Amateur to host largest field ever in January

With a move to The Conservatory at Hammock Beach Resort in Palm Coast, participant response to the fourth edition of the JAGA First Coast Amateur has been overwhelming, the host Jacksonville Area Golf Association announced recently.

Registration for the Jan. 18-20 (Martin Luther King holiday weekend) championship opened on Oct. 25 and the field of 96 was full within 30 days. In the four weeks that followed an additional 34 players signed up to have their names placed on the waiting list should there be any player withdrawals.

The 96 contestants represent 23 states, 29 colleges and six countries, including the U.S., with ages ranging from 16 to 56.

Among the entries is recently announced Florida Times-Union boys golf player of the year Jason Duff of Elkton, a Menendez High School senior and University of North Florida commit.

“We were pleasantly surprised at the increased player interest the upcoming event has enjoyed but not totally surprised,” said co-chairmen Joel Lamp and Jeff Adams. “The First Coast Amateur gained a great deal of notoriety and momentum in its first three years. With its solid national reputation, The Tom Watson-designed Conservatory golf course at Hammock Beach Resort has clearly enhanced the field.”

The First Coast Amateur is the only JAGA-run event that is promoted nationally and features multi-state and multi-national participation. The 54-hole stroke-play championship has once again attracted some of the nation’s top amateur, collegiate and junior talent, along with many of the best golfers from North Florida and the rest of the host state.

The top finishers will receive World Amateur Golf Ranking points.

Details on the JAGA First Coast Amateur may be found at www.jaxareagolf.org.



Photos by Dylan Lane

The Sharks' JT Kelly shoots a layup against Creekside on Dec. 19.



PVHS' Nathan Bunkosky (12) drives against Creekside's Ethan Miller.

Sharks

Continued from 28

Although they lost their first game following Whirity’s bold move, the Sharks gave Paxon, one of the area’s top-rated teams, a scare in a 53-46 loss. The next day, the three newcomers — freshman Nathan Bunkosky and sophomores Luke Pirris and JT Kelly — tallied 40 of the team’s 50 points as the Sharks nipped neighboring Fletcher 50-48.

Whirity was quick to deflect much of his credit to his Junior Varsity Coach Antwoin Contrel.

“Antwoin continues to do a phenomenal job and deserves the credit in preparing our younger guys,” Whirity said. “From go, his attention to detail and demand for excellence positioned these young men for success. That said, these young men injected fresh energy and a level competition that has transformed the program overnight.”

Following the call-ups of this trio of talented youngsters, the rejuvenated Sharks have posted a winning record of 4-3. But for a desperation buzzer-beater 3-pointer in a road loss to Bartram Trail, and a narrow loss to Admiral Farragut just hours after an emotional victory over rival Creekside, the very young Sharks could have posted a 6-1 mark.

The Sharks ended the 2019 portion of their current season on a winning note. Playing their sixth game in eight days, the Sharks couldn’t possibly have much gas left in their tank. To make matters worse, their game with Frankfort, Kentucky would turn into a two-overtime marathon. However, thanks to a clutch steal and a pair of free throws from Will Irwin sending the game into overtime, PVHS prevailed in a 75-72 win.

The Sharks returned to action following the holiday break on Tuesday, Jan. 7, in a 51-40 loss to host Fleming Island, and will host Flagler Palm Coast at 7:30 p.m. Monday, Jan. 13.

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