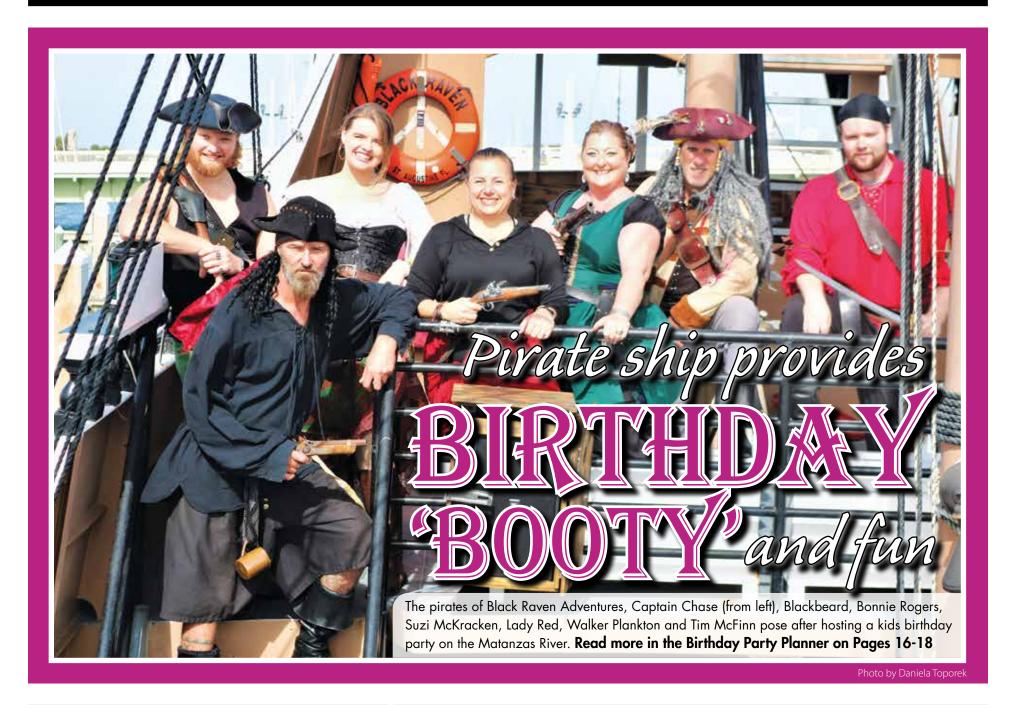
# Your Community Voice for 50 Years

January 23, 2020 Volume 51, No. 12 75 cents

PonteVedraRecorder.com

Not your average newspaper, not your average reader





Who's Who in Healthcare Pages 22-28



In the Arts Pages 31-34 \_↑ ↓ **Sports** 

Pages 35-36, 38



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## **EUROPEAN AUTO REPAIR EXPERTS**



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Pages 31-34



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## Send us your news

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

#### Visit our website at www.pontevedrarecorder.com



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Also, check out the **Ponte Vedra** 

**Recorder** channel on YouTube.



Find us on Twitter @PonteVedraNews and on Instagram @pvrecorder

#### 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.

Six readers correctly identified last week's photo as the sign for The Spa at Ponte Vedra Inn & Club. The winner of the random draw was **Susie Dondero.** Congratulations, Susie — you may pick up your prize at the Recorder office during normal business hours.



#### **ADOPT A PET**

#### **CAT OF THE WEEK**

Eve was picked up and brought to the Pet Center as a stray. She is a 3-year-



old spayed domestic shorthair, who is seeking her furrrever home. Eve is a little timid, but very sweet once she opens up, and then loves attention and to be scratched on her head. Come see Eve at the Pet Center today. #53099



### Sampson was brought in to

DOG OF

**THE WEEK** 

the Pet Center an owner release. He is a 2-year-old neutered lab-terrier mix. He loves people, is good with other doas. housetrained,

knows commands and loves to play fetch. Come see Sampson at the Pet Center today. #53157

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** NIOBE DVD ELIDE AMAIN GARDENS RAVENS E R A RISE PROPEL PAS ACHE H|E|C|K B|U|R|R|O ONTAP SOYA COOP HOSE SIGMA ROLL K|A|R|D|E|X| |S|T|A|D|I|U|M N A K E D SENSE LIES 3 6 4 8 8 3 2 5 9 6

Solutions correspond to last week's puzzles.

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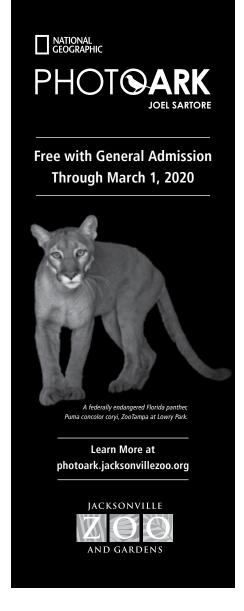
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## K9s for Warriors breaks ground on new resource center

Addition to main campus will allow nonprofit to serve more veterans

#### By Paris Moulden

K9s for Warriors recently held a groundbreaking ceremony for its new Chartrand Family Warrior Resource Center to be located at its main campus in Ponte Vedra.

The nonprofit, which provides service dogs to veterans suffering from Post-Traumatic Stress Disorder, Traumatic Brain Injury and/or Military Sexual Trauma, plans to expand the facilities to add for more training and to better assists post 9/11 veterans.

"It will provide extra space to be able to bring in more veterans, simultaneous to classes we already run," K9s for Warriors COO Jason Snodgrass said.

Snodgrass said the facility will allow veterans qho have already partnered with a canine companion to return for additional training or to work with a new dog once their service dog retires.

"We won't have to interrupt the process we have going on with new classes," he said.

Snodgrass said the next step in the

process is to get permits issued and then construction can begin.

According to K9s for Warriors, the additional facility will be home to a resource center, an American Service Dog Access Coalition, offices for the Association of Service Dog Providers for Military Veterans and a K9s for Warriors Research Institute.

The new resource center will allow the nonprofit to house and train an additional four veterans at a time. The organization is also increasing its dedication to prevent veteran suicides through the additional workspace for the research institute. K9s for Warriors has already partnered with Purdue University to study the effect of service dogs on veterans suffering from PTSD, and to encourage the VA to accept service dogs as a part of a healthcare plan for veterans suffering from PTSD, in the hopes of giving "all veterans access to service dogs if they choose."

To date, K9s for Warriors has served almost 600 veterans, and the resource center is just another way to further the organization's mission.

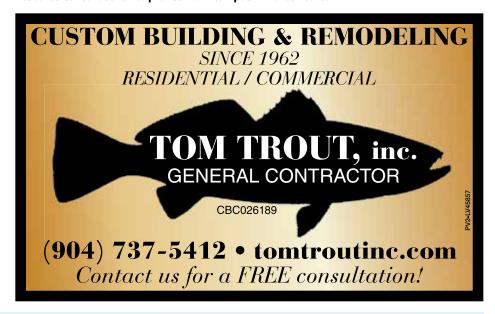
"Community support and that of existing donors and sponsors are critical to our mission of serving veterans," Snodgrass

For more information on K9s for Warriors, go to www.k9sforwarriors.org.



Photo provided by K9s for Warriors

Representatives from K9s for Warriors break ground on the new Chartrand Family Warrior Resource Center at the nonprofit's main campus in Ponte Vedra.





# COLLECTION



**L'ATRIUM** 

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Barbara Maple 1904.200.2029 Barbara Maple @Watson Realty Corp.com



**MEDITIERRA** 

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Michele Stewart | 904.707.5225 MStewart@WatsonRealtyCorp.com



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Victoria Ji | 904.612.9767 VictoriaJi@WatsonRealtyCorp.com



**SEA HAMMOCK** 

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**4 COMMUNITY NEWS**Ponte Vedra Recorder · January 23, 2020



A ribbon-cutting ceremony is held Jan. 17 at Silver Treasures Senior Living at Ponte Vedra.

# Silver Treasures assisted living community celebrates opening with ribbon cutting

#### By Maggie FitzRoy

On the very day the first resident moved into Silver Treasures Senior Living at Ponte Vedra Assisted Living Facility, owners Jim and Jennifer Fischer celebrated the community's opening with a ribbon cutting.

Individuals and companies that serve senior citizens, including home health care agencies that offer medical and therapy services, were on hand for the celebration Jan. 17.

So was Jennifer Arguilla and her husband, Freddie, who own the Silver Treasures franchise.

Silver Treasures at Ponte Vedra, located at 119 Da Vinci Blvd, is the fourth Silver Treasures assisted living facility to open in the First Coast area.

The first one opened in June 2016 in St. Augustine and serves as the company headquarters. The second opened in May 2018 at Lane Avenue in Jacksonville, followed by the third in Orange Park in May 2019.

Silver Treasures at Ponte Vedra, off U.S. 1 near Nease High School, has 14 rooms and 16 beds, Jim Fischer



Photos by Maggie FitzRoy

Jennifer Fischer (left) and husband, Jim, pose for a ribbon cutting of Silver Treasures Senior Living at Ponte Vedra on Jan. 17.

explained as he and his wife welcomed guests to the ribbon cutting and offered tours.

The facility also includes a hair salon, activity room and full-service kitchen.

Residents are served three meals a day in the dining area and also receive housecleaning and laundry services. A

**COMMUNITY** continues on **Page 7** 

#### **LETTER TO THE EDITOR**

I am writing to thank Ponte Vedra Beach residents for sharing the true meaning of Christmas with children in need this past holiday season.

Because of the generosity of donors in Ponte Vedra Beach and across the United States, Operation Christmas Child, a project of Samaritan's Purse, collected more than 8.9 million shoebox gifts in 2019. Combined with those collected from partnering countries in 2019, the ministry is now sending 10,569,405 shoebox gifts to children worldwide.

Through shoeboxes—packed with fun toys, school supplies and hygiene items—Ponte Vedra Beach volunteers brought joy to children in need around the world. Each gift-filled shoebox is a tangible expression of God's love, and it is often the first gift these children have ever received. Thanks to the generosity of donors, Operation Christmas Child has collected and delivered more than 178 million gift-filled shoeboxes to children in more than 160 countries and territories since 1993.

It's not too late for people to make a difference. Though drop-off locations serving Ponte Vedra Beach are closed until Nov. 16-23, information about year-round volunteer opportunities can also be found at samaritanspurse.org/occ or by calling (407) 273-6112.

Thank you again to everyone who participated in this global project—many who do so year after year. These simple gifts, packed with love, send a message to children worldwide that they are loved and not forgotten.

Sincerely,

#### **Dana Williams**

Operation Christmas Child 801 Bamboo Road, Boone, N.C. 28607

#### BRIEFS

## St. Johns County Mentor Fair to be held Feb. 5

The St. Johns County School District, RSVP of St. Johns County and other local mentor groups will host a mentor fair 8:30 to 11:30 a.m. Wednesday, Feb. 5 at the Fullerwood Center Auditorium, 10 Hildreth Dr., St. Augustine.

Representatives will be on hand to provide information about mentoring students in the SJCSD. Mentor training will also be provided to interested individuals and a continental breakfast will be served.

Mentors give approximately 45 minutes per week to meet with a student and support him or her in academic pursuits and other goals. No prior experience is needed, and background screenings and training are provided at no cost.

Contact RSVP/Volunteer Services at (904) 547-3945 or email Cheryl.Freeman@stjohns. k12.fl.us for more details.

#### PV Democratic Club to hold meeting Feb. 12

The Ponte Vedra Democratic Club will hold its regular monthly meeting 6:30 to 8 p.m., Wednesday, Feb. 12 at the Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach. The meeting will feature representatives from the major Democratic Presidential candidates, who will speak about the candidates' policies.

Ponte Vedra Recorder · January 23, 2020 COMMUNITY NEWS 5

# Rotary, Recorder seek nominations for 28th annual Local Heroes Awards

The Rotary Club of Ponte Vedra Beach and the Ponte Vedra Recorder are seeking nominations for the 28th annual Local Heroes Awards.

Presented each year, the Local Heroes Awards recognize individuals who give back to the community and reflect the spirit of the Rotary Club's motto, "Service Above Self." From volunteering with local charities to giving back through the arts, education, environmental protection activities and more, the Rotary Club of Ponte Vedra Beach and Recorder seek to

**Nominee Information:** 

Email address:

recognize the "unsung heroes" who make Ponte Vedra such a special place to live, work and raise a family.

Residents who know of an individual they believe is deserving of recognition as a Local Hero are encouraged to complete the nomination form on this page and email it to Rotarian Ken Smith at lksmith59@yahoo.com.

Nomination forms may also be mailed to: Local Heroes Awards Committee, Rotary Club of Ponte Vedra Beach, P.O. Box 70, Ponte Vedra Beach, FL 32004. To submit a nomination online, visit pvbrotary.org and click on the "Nominate a Local Hero" link on the home page.

The deadline for submission of nominations is Thursday, Feb. 20.

Award recipients will be recognized at the Local Heroes Awards reception to be held Thursday, April 2 at Christ Episcopal Church.

For more information, contact Rotarian Ken Smith at (904) 710-7702 or lksmith59@yahoo.com.



## The Rotary Club of Ponte Vedra Beach

in cooperation with The Ponte Vedra Recorder

### 2020 Local Heroes Awards Nomination Form

Nominate your friend, neighbor or colleague for the Local Heroes Awards recognizing individuals who give back to the community!

Complete and return this form, or submit your nomination online at: pvbrotary.org

Name:		
Address:		
Email address:	Telephone:	
Nominee's contributions to the co	ommunity (attach additional pages as needed):	
Nomination Submitted By:		
Name:		
Address:		

Telephone:

Nomination Deadline: Thursday, Feb. 20, 2020
Email entries to: Iksmith59@yahoo.com
or mail to: Local Heroes Awards Committee Rotary Club of Ponte Vedra Beach
P.O. Box 70, Ponte Vedra Beach, FL 32004

Thank you for your nomination!
Awards to be presented
Thursday, Aril 2, 2020
Christ Episcopal Church
Ponte Vedra Beach

A banker by profession, Ponte Vedra Beach resident Matt Willis is also a supply officer in the U.S. Naval reserve and was stationed in Bahrain for most of last year, from February through December. Like all of those serving in the military, he is grateful for support from his community while overseas. Upon returning home Christmas Eve, he gave Underwood's Jewelers an American flag that accompanied an aerial mission over Syria as a token of thanks to one of his favorite hometown stores. It is on display at the store in Ponte Vedra Beach.

## Matt Willis

As told to Maggie FitzRoy

#### What is your civilian job?

I work at Deutsche Bank and will be going back to work soon. I work in finance, in private wealth management.

#### Was this the first time you had been deployed?

This was the third time. I was in Afghanistan in 2018 and Kuwait in 2015. This time was a little more calm, as far as being in a safe place.

#### What was your primary mission in Bahrain?

We were there to support flights into Iraq and Syria as well as intelligence patrolling the waters of the Persian Gulf.

#### What does a supply officer do?

Supply officers are the Navy's business managers, supplying fuel, food, equipment, gear. My primary duty was running the dining facilities, two for the Navy and two for the Army.

## Why did you present Underwood's with an American flag that flew with a mission?

I've had a relationship with Underwood's for a number of years. I presented the flag to say thanks to Sarah, my personal jeweler, and to Underwood's.

#### How did you get the flag?

I bought the flag there and I had a relationship with a Marine air wing that was there. They put the flag in the cockpit during one of their missions. That flag flew over Syria in a Harrier jet. It's a common thing you do for friends and family when you are overseas—buy a flag and dedicate it to someone. If someone has a birthday, you can buy a flag and arrange ahead of time to have it flown over the base that day.

#### Is the flag certified?

They give you the flag with a certificate indicating when and where it was flown, then you have it framed.

#### So, you are a regular customer at Underwood's?

Yes, Sarah has helped me with watches I wear overseas and at work as well as for my wife's birthday. And for special gifts for my wife. Sarah and I kept in touch when I was in Bahrain. The flag was a way to say thanks for thinking of me. I love watches, I have since I was a kid. I always go into Underwood's to talk to Sarah about watches. She sold me the one I wore all year in the Middle East.

#### Tell us about your family.

My wife, Donna, works for the PGA TOUR. We have three dogs, Ringo and Chloe and Mara. I brought Mara back from military duty in Africa, where Mara was a street dog. We adopted her and had her flown back to the U.S. and now she lives with us in Ponte Vedra Beach.



Photo by Maggie FitzRoy

#### When did you move to Ponte Vedra Beach?

In 2014. My wife was a dolphin trainer in Marineland, and I lived in Avondale. When we married, we sold both our houses and bought our house in Ponte Vedra Beach.

#### Where did you grow up?

All over Florida. I went to the University of Florida, have a B.S. in business, I also have an M.S. from the Uni-

versity of Central Florida, an M.B.A. from U.F. and an M.A. from the Naval War College.

## What do you like to do when you are not deployed overseas or working at the bank?

I play golf. So, having a wife that works for the PGA TOUR is nice. My wife and I also enjoy travel. We take a couple of trips a year.

## Library patrons show generosity during holiday season

The Ponte Vedra Beach Branch Library, along with other branches in St. Johns County, announced that library patrons were exceptionally generous this holiday season, donating nearly 9,000 non-perishable food items for the county's Health and Human Services Food Pantry.

Food for Fines, an annual program in place from Thanksgiving through New Year's, enables patrons to donate food for families in need to "pay down" their overdue fines.

"It's a real benefit to the community we serve to have the Food for Fines Program," said Tracy Dillon, social services manager for St. Johns County. "The food donated by library patrons replenishes our dwindling food supplies and allows us to operate our Food Pantry for nearly the whole year. It's the most effective countywide food drive that we have." Health and Human Services provides a wide variety of services for approximately 10,000 clients in St. Johns County throughout the



Photo provided by the Ponte Vedra Beach Branch Library

#### The staff at the Ponte Vedra Beach Branch Library poses for a photo to say "thank you" to patrons.

"We've seen the Food for Fines Program grow every year since we first implemented it in 2007," said Library System Director, Debra Rhodes Gibson. "For each

item of food donated, a dollar is taken off fines on their account. It's even supported by our patrons who don't have fines. The whole community gets behind it."

## Community

skilled nurse is on call and CNAs, certified nursing assistants, staff the facility seven days a week around the clock.

In the 11,000 square foot building, rooms vary in size from 585 to 900 square

Jim Fischer said he and his wife, who live in Julington Creek, saw a need for a smaller assisted living facility in the area, allowing for "better care ratios than a bigger facility can offer."

Jennifer Arguilla said she and her husband are "geared to giving really good care," and that they carefully screen all

A fifth Silver Treasures is slated to open next in Fleming Island.



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This impressive oceanfront home reflects that magical merging of beach living and architecture. Situated on 220ft of Oceanfront this estate is a masterpiece of design and allows owners the ultimate beach living experience.

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www.SarahAlexander.net

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#### Thursday, Jan. 23

#### Friday, Jan. 24

#### Sunday, Jan. 26

#### 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 Ikurinsky@gmail.com or (904) 543-9301. Torah and Tea meets at Chabad at the Beaches, located at 521 A1A N. in Ponte Vedra Beach.

#### When Women Lead

Join the Cultural Center of Ponte Vedra Beach for a powerful evening from a panel of female community leaders such as inspirational speaker Trudy Toche, personal trainer Peggy Hilbert, clinical psychologist Dr. Robi E. Tamargo Psy. D. and JSO assistant chief Lakesha Burton. These women will share personal stories of leadership, triumph and vision as they move forward in 2020. The event will be from 5 to 8 p.m., Jan. 23. Arrive at 5 p.m. to register. and enjoy refreshments, networking and a giveaway opportunity before the panel begins at 6 p.m. Cost to enter is \$20 in advance and \$25 at the door. To RSVP. call (973) 819-6581 or visit www.when-womenlead.eventbrite.com. 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.

#### 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.

#### **Pet loss support group**

Anyone who has experienced the loss of a pet or anticipates such loss is invited to attend the Jacksonville Humane Society's Pet Loss Support Group the fourth Thursday of every month. There is no cost to attend, but donations are welcome to help care for animals at the shelter. The group meets from 6 to 7 p.m. at the JHS on the second floor. The Jacksonville Humane Society is located at 8464 Beach Blvd. in Jacksonville.

#### Sidewalk 65 at Mavi Waterfront Bar & Grill

Visit Mavi Waterfront Bar & Grill from 6 to 10 p.m., Jan. 24, for live music from Sidewalk 65. Sidewalk 65 is a good time, rock-and-roll party band based in Jacksonville, Florida. The group performs at clubs and special events throughout the region. For more information, call Mavi at (904) 372-0045. Mavi Waterfront Bar & Grill is located at 2309 Beach Blvd. in Jacksonville Beach.

## Children's Art Workshop: Exploring OurSenses

Art Workshops for Children is a monthly event that encourages freedom of expression. with a different theme each month. This month's theme is "Exploring Our Senses." The workshops require parent/child interaction for quality time and run from 10 a.m. to 11:30 a.m., Jan. 24. The Greenhouse Playhouse will also be offering playtime passes for \$7 from 9 to 10 a.m., Fridays before the event. For this offer, inform the front desk upon registration. Cost is \$10 per child. Registration and payment must be done online prior to class. Email Page at Pageywageydesignz13@gmail.com or call/text (904) 303-4402 for more information. To contact the Greenhouse Playhouse, call (904) 372-9732. The Greenhouse Playhouse is located at 1238 Beach Blvd. in Jacksonville Beach

#### **Optimal You anniversary celebration**

Optimal You Brain Centers is celebrating is oneyear anniversary. To thank the community, Optimal You will host a party from 5 to 8 p.m., Jan. 24. The celebration will feature mini massages, a yoga practice, wellness break-outs, local vendors, food, drinks and discounts, raffles and giveaways. For more information, call (904) 373-5852. Optimal You Brain Center is located at 151 Sawgrass Corners Dr. #102 in Ponte Vedra Beach.

## 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. 24 at 8:45 a.m. Fidelity Bank is located at 110 A1A N. in Ponte Vedra Beach.

#### **GO Green Winter Beach Run**

With the help of environmental-focused local nonprofit, Beaches Go Green, the Seawalk Pavillion is hosting the 2020 Winter Beach Run from 2 to 5 p.m., Jan 25. The 5 and 10-mile races start at p.m. while the 1-mile race starts at 2:05 p.m. For cost and more information, visit www.1stplacesports.com. The Seawalk Pavillion is located at 75 First St. N. in Jacksonville Beach.

Saturday, Jan. 25

## 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 340C A1A S. in Saint Augustine.

#### **Vegan Sushi Class**

Join the House of Leave & Bean at 4:30 p.m., Jan. 25, for a vegan sushi class where guests will learn how to make sushi step-by-step, do some community networking and receive a discount on sushi-making kits to take home. Chef and sushi expert Peter Zheng will teach his tips and tricks to making vegan sushi rolls. After, everyone will enjoy their creations, complimented with a fresh tea and house-made vegan dipping sauces. Cost \$20 per person. To RSVP or for more information, visit www.houseofleafnbean.com. House of Leaf & Bean is located at 14474 Beach Blvd. in Jacksonville

#### Pom Poms & Paws bake sale

Landrum Middle School Cheer squad and SAFE Pet Rescue to host the Pom Poms & Paws bake sale Jan. 25, from 11 a.m. to 3 p.m., at Pet Supermarket in Ponte Vedra. Buy some baked goods, meet adoptable dogs and have pups take photos with the Landrum cheerleaders. All proceeds benefit SAFE Pet Rescue, a local nonproft helping save pets from euthanasia. For more information, call SAFE Pet Rescue at (904) 460-0556. Pet Supermarket is located at 880 A1A N. in Ponte Vedra Beach.

#### Repticon

Repticon is coming back to Jacksonville with a vast variety of vendors, breeders and educators. This family-oriented event offers quests the opportunity to learn about animals not normally seen in local pet stores. Breeder-vendors are always willing to teach, with some seminars on animal-related topics throughout the event. Guests can also shop for a new pet among the hundreds of reptiles, amphibians, invertebrates, spiders and exotic animals. Free-entry raffles are held frequently during the event, offering guests the opportunity to win coveted prizes. Repticon will be hosted at the Jacksonville Ice & Sportsplex from 10 a.m. to 4 p.m., Jan. 26, offering a unique family outing suitable for all ages and for a very diverse range of enthusiasts. Tickets are \$10 for adults, \$5 for children 5 through 12 and free for those ages 5 and under. For tickets and more information, visit www.repticon.com/florida/ jacksonville. The Jacksonville Ice & Sportsplex is located at 3605 Philips Hwy. in Jacksonville.

#### Feast for Rabbits: Vegan Kamayan Feast

Enjoy a Kamayan feast by Sawgrass Marriott's Chef Melanie Cuartelon at Vernon's Restaurant, from 5:30 to 8 p.m., Jan. 26, as she shares a piece of her Filipino heritage with a vegan twist. The Kamayan feast will feature a family-style dinner and a "happy half-hour" beginning at 5:30 p.m. To reserve a spot or for more information, visit www.opentable.com/Vernons-Restaurant or call (904) 373-2098. Vernon's Restaurant is located within Sawgrass Marriott at 1000 PGA Tour Blvd. in Ponte Vedra Beach

## Lucinda Williams and Her Band Buick 6 with guest Jesse Malin

Named by VH1 as one of the greatest women of rock and roll, three-time Grammy Award winner Lucinda Williams is returning to Ponte Vedra Beach Jan. 26 to perform at the Ponte Vedra Concert Hall with guest Jesse Malin. Doors open at 7 p.m. and the show starts at 8 p.m. For tickets and more information, visit www.pvconcerthall.com. The Ponte Vedra Concert Hall is located at 1050 A1A N. in Ponte Vedra Beach.

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PV2-LV45852

#### Monday, Jan. 27

## Ask the Expert: Healthy Cooking & Meal Preparation

Join YMCA registered dietician Kelly Schooley at the Y Healthy Living Center at noon, Jan. 27, to kick off the New Year with essential tools to sustain healthy eating all year long. Schooley will also discuss why fad diets don't last. This event is free and open to the public. To register or for more information, call (904) 202-5376 or visit www.baptistjax.com/hlc. The Ponte Vedra YMCA'S Y Healthy Living Center is located at 170 Landrum Lane in Ponte Vedra Beach.

#### **Crafts & Drafts**

Beach Life Mosaics and Southern Swells Brewing Co. are teaming up for an ultimate "crafts & drafts" event from 6 to 8:30 p.m., Jan. 27, at Southern Swells. Enjoy a night of mosaic art with friends and family. Choose from over 100 projects and designs. Kid's projects are \$20 and come with white grout while adult projects start at \$25 and come with a choice color of grout. Mosaic projects, instruction and supplies are included. Online registration ends 24 hours prior to the class. Call Beach Life Mosaics at (904) 535-6255 or email beachlifemosaics@gmail.com to attend or for any questions. There is a minimum of 10 people for a class. Southern Swells Brewing Co. is located at 1312 Beach Blvd. in Jacksonville Beach.

## Welcoming Refugees into communities & classrooms

Nina Frank of Lutheran Social Services of Northeast Florida will discuss the area refugee community, who makes up that community; where the refugees come from. Learn about refugees' journeys to restart their lives in the Jacksonville area such as some of the daily challengesrs refugees face and how to make the difference of the lives of international neighbors. Frank will also discuss the current national context for Refugee Resettlement Services. Meet at the Unitarian Universalist Fellowship of St Augustine from 7 to 9 p.m., Jan. 27. For questions and more information, call (904) 471-2047 or email nana@nrdp.net. The Unitarian-Universalist Fellowship is located at 2487 A1A S. in St. Augustine.

#### Tuesday, Jan. 28

## Estate planning for Florida natives or newbies

Hosted by founding attorney of Rock Solid Law, John Miller, the workshop will be a hands-on look at using common, everyday language to discuss how to take care of children, grandchildren and other loved ones. Materials will focus on Florida law including straight-talk describing the various estate planning documents 95% of Americans need but don't have, how to protect loved ones from creditors and predators, strategies that will protect wealth and reduce tax liability, measures to take to protect a loved one with special needs and more. Space is limited and refreshments will be served. For more information or to reserve a spot, call Chelle Thomas at (904) 241-1113. The Ponte Vedra Library is located at 101 Library Blvd. in Ponte Vedra Beach.

## First Coast Newcomers Club card playing date

The First Coast Newcomers Club will host its next card playing date at the St. Augustine Main Library at 12:50 p.m., Jan. 28. For the exact location, to join or for more information, contact the club organizer at (904) 814-9612.

#### 'Quit Tobacco Your Way'

The "Quit Tobacco Your Way" is a free session that meets once for two hours. The class will provide the skills to develop a quit plan and learn to overcome barriers, learn to manage triggers. cravings, withdrawals and stress, understand the benefits of quitting and relapse prevention. Each participant is given a workbook, quit bag, educational materials, quit tools and up to a free four-week supply of nicotine replacement therapy, (patch, lozenge, or gum). The class will meet at Wildflower Healthcare Clinic from 3 to 5 p.m., Jan. 28. For questions and more information or to register for a spot, call the Northeast Florida Area Health Education Center at (904) 482-0189. The Wildflower Healthcare Clinic is located at 268 Herbert St. in St. Augustine.

#### Wednesday, Jan. 29

#### 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 Saint Augustine.

#### **Pasta and Wine Immersion dinner**

Experience a night of food, wine and education from 6:30 to 9:30 p.m., Jan. 29 at Bellweather in downtown Jacksonville. Bellwether is joining forces with Wine Inspired and Italian Cooking Lessons to offer guests an immersive food and wine experience. Learn how to make pasta from scratch from a true Italian and how to pair wine from a Somm. Tickets to the dinner cost \$85 per person and can be found at www.904tix.com by searching for the event, "Pasta and Wine Immersion dinner." Street parking is free after 6 p.m. For more information, call Bellweather at (904) 802-7745. Bellweather is located at 100 N. Laura St. in Jacksonville.

#### **Romp & Rhyme**

The Ponte Vedra Beach Branch Library will host "Romp & Rhyme," a lively and interactive story time that focuses at 10:30 a.m., Jan 29, and will focus on music and movement for children ages 12 months to three years old. After story time, there will be a short stay-and-play session for the kids. For more information, call the Ponte Vedra Beach Branch Library at (904) 827-6950. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd. in Ponte Vedra Beach.

#### 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.

# Thursday, Jan. 30 Autobahn Indoor Speedway & Events

grand re-opening
Visit the Autobahn in Jacksonville from
12:30 to 9 p.m., Jan. 30, as the speedy attraction
celebrates its newest addition to the facility
with a charity event to benefit Wounded Warrior
Project. There will be an all-day food tasting from
the Autobahn's new BBQ restaurant, Victory Lap
Social. The ROAR of the Jaguars will also make a
visit to join in on the food, fun and friendly competition: Finish the event with a car show from
6 to 9 p.m. For questions or more information,
call the Autobahn at (904) 425-5005 or email
jax@autobahnspeed.com. The Autobahn Indoor
Speedway & Events is located at 6601 Executive

#### MOSH After Dark: Bacardi – 'Do What Moves You'

Park Court N. in Jacksonville

Bacardi is taking over the Museum of Science and History for one night only. Guests will engage in different sensory activities hosted by the Bacardi Team while moving through the museum and the newest traveling exhibition, Genome. The event will also break down the DNA of Bacardi's famous spirit rum to learn the building blocks behind the perfect cocktail. Guests will get a chance to put their taste buds to the test and discover flavors that represent Bacardi best. Doors will open at 6 p.m., Jan. 30, where attendees are invited to mingle and grab light refreshments. The program will begin at 6:30 pm. Cost is \$40 for museum members and \$50 for non-members. Admission includes two complimentary drinks. This event is 21+ and spots are limited. Purchase by visiting www.bit.ly/2Qzl8xk. The MOSH is located at 1025 Museum Circle in Jacksonville.

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.

Compiled by Daniela Toporek

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**7**PM

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# Pirates invade Nocatee market

#### By Christine Rodenbaugh

The Fernandina Pirates Club invaded the Nocatee Farmers Market on Saturday. The crew welcomed students aboard the life-sized pirate ship, Amelia's Revenge, and presented three interactive "pirate school" sessions. The pirates meandered through the market, ate some grub and talked with shoppers.

The next market is 10 a.m. to 2 p.m. Saturday, Feb. 15 at Nocatee Station Field adjacent to Splash Park. Local vendors offer organic produce, herbs, spices, unique foods, crafts, jewelry and more.

The market is open to the public.



Baby Leo (center) and his family show off a piece of artwork.





**ABOVE: The Fernan**dina Pirates Club welcomes students aboard the life-sized pirate ship, Amelia's Revenge, at the **Nocatee Farmers** Market Saturday.

**LEFT: The weather** was perfect at the Jan. 18 Nocatee Farmers Market.

Photos by Christine Rodenbaugh



Featuring Loretta Swit, of M\*A\*S\*H fame, actress, artist and animal advocate

#### **Ticket Price Includes:**

- One drink ticket\*
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\$100 in "Funny Money"\*

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- ♥Silent auction and raffle
- ♣ Live music featuring Little Jake & The Soul Searchers
- Parking
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\*Additional drink and raffle tickets as well as "Funny Money" may be purchased.

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# Fleet Landing plans future community in Nocatee

Fleet Landing recently announced the acquisition of 35 acres of property in the Nocatee Town Center.

The new Nocatee campus will offer an active and independent lifestyle for adults ages 62 and older, with independent living options that will include single-family homes and apartments. Residents will enjoy resort-style amenities and an array of programs and services.

The community will also include assisted living, memory support and skilled nursing care, providing healthcare and

supportive services on campus.

With more than 400 families waiting for the opportunity to experience the Fleet Landing lifestyle at their flagship campus in Atlantic Beach, Fleet Landing CEO Josh Ashby said, "We are excited to grow our capacity to serve by creating a new LifeCare community in Nocatee. It will complement our existing campus and far exceed other available options for those desiring a new community of Fleet Landing's caliber."

A timeline for construction has not yet been determined.

## Pro Football Hall of Famer Darrell Green to speak at forum

Washington Redskins Hall of Famer Darrell Green will share his story and reflections of life at 10 a.m. and 7 p.m. Thursday, Feb. 6 at St. John Paul II Catholic Church, located at 127 Stone Mason Way in Ponte Vedra.

Darrell Green played cornerback for the Washington Redskins from 1983 to 2002. During his career, Green was known for his speed and was one of the fastest players in the history of the National Football League. He was inducted into the Pro Football Hall of Fame in 2008 and in October of 2019. Green was named one of the top 100 greatest NFL players of all time.

In 1988, he Founded the Darrell Green Youth Life Foundation, a faithbased charitable organization with a mission to "help children develop into leaders who positively influence their families and communities."

In addition to Green, guest speakers at the "Make a Difference in the World Forum" will include Frank Benischeck and John R. Crawford.

Benischeck is the founder of Totus Tuus Consulting. He has appeared on CBS, FOX and NBC morning shows and has been featured in Forbes Magazine. In addition, Benischeck has been



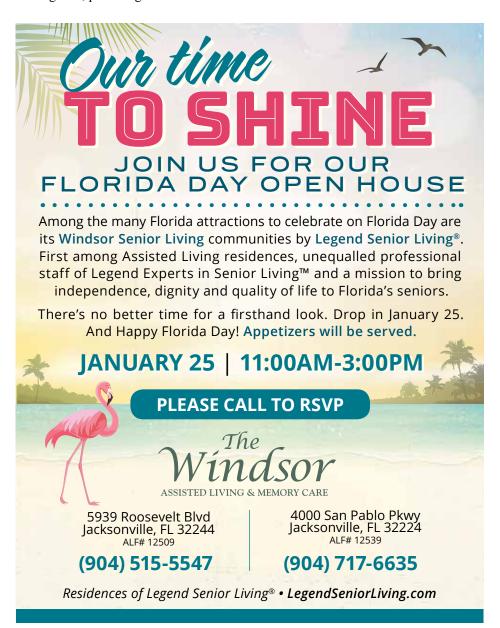
Photo provided by "Make a Difference in the World Forum

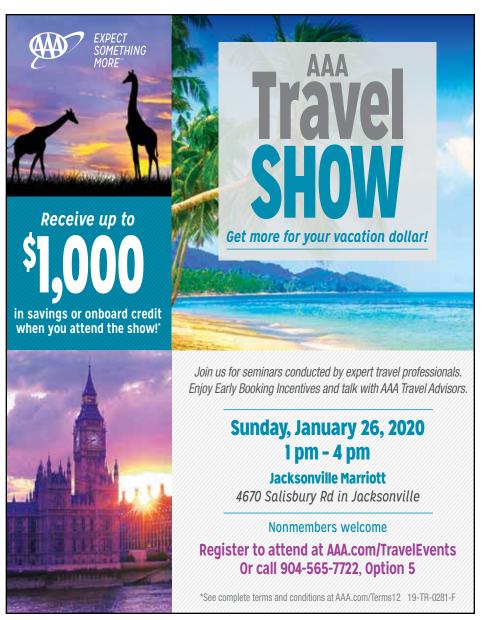
Former NFL star Darrell Green will speak at the "Make a Difference in the World Forum" on Feb. 6 at St. John Paul II Catholic Church.

a featured speaker at Harvard Business School and West Point Leaders Academy.

Crawford is a board-certified tax lawyer. He was a past chairman for the Catholic Foundation Diocese of St. Augustine and named one of Florida's super lawyers, an honor bestowed on only 5% of attorneys in the state.

For more information, contact Frank Benischeck, Founder of Totus Tuus Consulting at frank.benischeck@ttcadvisors. Tickets for the free event can be found on ttcadvisors.com/events.





## Working with nature to build 43-acre lake from scratch

#### By Maggie FitzRoy

The grand, nautically themed Lake House in Beacon Lake is — as planned — the heart of the community.

The Lake House's wide covered porches look out over a Junior Olympic swimming pool, Splash Park and fun pool. There's a crew house, with a Cape-Cod-in-Florida feel, housing kayaks. A boardwalk leads from a lakefront gazebo — crafted in a carnival-like way by an artist who worked for Disney World — to a sand beach overlooking that large lake.

As the name of the community suggests, the large lake is the centerpiece of the community.

But in 2008, when Bruce Parker, managing director, BBX Capital Real Estate, purchased the 630 acres of land on County Road 210, a half mile from Interstate 95, there was no lake.

One existed only in his imagination. It would take a carefully planned massive digging and engineering project to create a 43-acre lake where no body of water existed. And as homes spring up in Beacon Lake, several miles west of Nocatee, the lake is almost complete.

Since the Lake House is such an integral part of the community's lifestyle, that was constructed first in 2018, along with 13 acres of the planned half-mile long lake, which will equate to the size of 33 football fields.

"We partially created the lake to open the facility initially," Parker said one recent day while touring the community with Operations Manager and Aquatic Director Danielle Simpson. Parker said the dirt dug out from the first 13 acres of the lake was used during development of phase one of the community, to build up paths and roadways.

"In Florida, groundwater is very close to the surface," he said. So once dug, "lakes are fed mainly by groundwater, rainwater and treated runoff."

The Lake House opened to residents in February 2019 and at the time the first 13 acres of the lake were full. When it came time to start digging the lake's final 30 acres, the filled-lake's groundwater had to be temporarily pumped down.

Now, the pumps pumping the groundwater down have been shut off and construction of the rest of the lake is well underway. Dirt from the final acres will be used to develop phases two and three of the community slated to have 1,280 single-family homes and 196 townhomes.

After the digging is complete, groundwater and rainwater will fill the entire lake.





ABOVE: The Lake House at Beacon Lake overlooks a Junior Olympic swimming pool and Splash Park as well as a gazebo overlooking a 43-acre lake.

LEFT: Bruce Parker, managing director, BBX Capital Real Estate (left), walks along the boardwalk leading from the Lake House gazebo with Operations Manager and Aquatics Director Danielle Simpson.

BELOW: A sand beach overlooks the lake at the Lake House.

Photos by Maggie FitzRoy



# ocal Audubon Society learns about bluebirds

#### By Christine Rodenbaugh

The St. Johns County Audubon Society hosted Brett Moyer at its regular membership meeting Jan. 8. Moyer, a biology and environmental science teacher at the Bolles School, spoke to an audience of 25 members and guests about bluebirds, explaining their nesting and eating habits and how residents can help sustain the local population.

In 2016, Moyer installed eight bluebird nesting boxes on the Bolles campus, funded by a grant from the Florida Bluebird Society. Unsure how long it would take the targeted species to find the boxes, Moyer was surprised to see a bluebird at one of the boxes the day after it was installed. The boxes provide students, faculty and visitors the opportunity to observe and learn about bluebirds. In 2017, five boxes were installed at the Lower School Ponte Vedra campus. To date, 24 boxes installed through the Bolles Bluebird Project have resulted in 340 fledglings.

Linda Burek, local ClimateWatch coordinator, discussed how residents can help count bluebirds for National Audubon's ClimateWatch program. Volunteers can choose one day between Jan. 15 and Feb. 15 to count bluebirds at specific locations within a grid. For more information or to



Brett Moyer (front row, right) presented a talk about bluebirds at the Jan. 8 St. Johns County Audubon Society meeting in Vilano Beach.

volunteer, email ldburek@gmail.com or visit stjohnsaudubon.com/climate-watch.

All are welcome at monthly meetings from 6:30 to 8 p.m. on second Wednesdays at the North Shores Community Center, 120 Meadow Ave. in Vilano Beach. The next meeting will be Feb. 12, and feature a talk by Kenneth Meyer of the Avian Research and Conservation Institute about swallowtailed kites and other species. For more information, visit stjohnsaudubon.com.



Photo by Brett Move

Brett Moyer photographed this male eastern bluebird near one of 24 nesting boxes he and Bolles School students have installed on campuses.







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**14 COMMUNITY NEWS**Ponte Vedra Recorder · January 23, 2020

# Actress Loretta Swit to host Ayla's Acres No-Kill Animal Rescue gala Feb. 8

Ayla's Acres No-Kill Animal Rescue recently announced its fifth annual gala, Shake, Rattle and Roll Casino Night to raise funds for its Peter's Friends Animal Resource Center project. It will be hosted by Loretta Swit of M\*A\*S\*H fame, from 6 to 10 p.m. Saturday, Feb. 8 at the River House, 179 Marine St. in St. Augustine.

Fundraiser games will include Texas Hold 'Em poker, slot machines, Blackjack, Roulette and Craps. Guests can trade "funny money" for raffle tickets to win items donated by local businesses. A silent auction will feature travel, art and other items. Heavy hors d'oeuvres from The Purple Olive and dessert selections will be served, and beer and wine will be available. Little Jake and Soul Searchers will entertain guests who can dance away the evening.

Loretta Swit has 14 Emmy nominations and two wins, a People's Choice Award, four Golden Globe nominations, The Sarah Siddons Award and a Lifetime Career Achievement Award from the Ft. Lauderdale Film Festival. She was host and creative consultant on the series "Those Incredible Animals" for the Discovery Channel. For her ceaseless humanitarian efforts, she recently received the Betty White Award by Actors and Others for Animals, and is an honorary board

member of Ayla's Acres No-Kill Animal Rescue. She will sign copies of her newly released book, "SWIT-HEART: The Watercolour Artistry & Animal Activism of Loretta Swit." Proceeds from book sales will go to the Switheart Foundation, of which Ayla's Acres is a recipient.

"This is our fifth Loretta Swit and Friends Gala. It's an important component in making Peter's Friends a reality." Fran Charlson, executive director said. "Events such as this will make that possible. This event is going to be a wonderful evening of fun and entertainment right in St Augustine. You won't want to miss it!"

Ayla's Acres is raising funds to build the St. Johns County-based Peter's Friends Animal Resource Center, which will serve as an adoption facility, low- or no-cost spay and neuter clinic and education and outreach center. The nonprofit receives no government funding, relying instead on private grants and donations of money, supplies and items that are sold through its thrift shop in St. Augustine.

Tickets are \$95. Tickets include a drink ticket (beer and wine), \$100 in "funny money," one raffle ticket, heavy hors d'oeuvres, dancing and live entertainment. For tickets, visit www.aylasacres.org, call (904) 325-3554 or go to Ayla's Acres Thrift Shop at 142 King St. in St. Augustine.



Recorder file photo

Ayla's Acres Executive Director Fran Charlson (left) and M\*A\*S\*H star Loretta Swit take a break from the "slots" at the 2018 Casino Night fundraiser.

# 'An Evening at the Farm' is theme of Beth El's annual Night of Giving

The Beth El The Beaches Synagogue planning committee has been working hard on the synagogue's Annual Night of Giving, "An Evening at the Farm," to be held Feb. 29.

It will take place at Atlantic Beach Urban Farms, a climate-controlled, pristine greenhouse featuring aeroponic technology.

"The event space at Atlantic Beach Urban Farms is like no other," Tracy Aquila, vice president and chair of the event, said. "It's farm chic, hip and beautifully decorated."

The gala committee wanted something different this year, "something a little bit more casual, more inviting," Tammy Shumer, a committee member, said. "The venue allows our guests to use both the inside and outside to mingle and relax." Adding to the farm-

like setting, food for the evening will be catered by Berry Good Farms Food Truck.

The Annual Night of Giving is Beth El's most attended and anticipated event

"Our members can't wait to celebrate with each other" Aquila said. "It's our largest fundraiser and helps raise donations for our general fund." Fundraising efforts this year will include sponsorship levels as well as a "Giving Tree," a display of leaves demarcating different levels of commitment.

The Annual Night of Giving, "An Evening at the Farm" is available to anyone in the community who would like to participate and have fun. For reservations, visit beth-el-gala-2020.event-brite.com. Call the synagogue office at (904) 273-9100 for more information.

#### **OBITUARIES**

#### James F. Altosino

James F. Altosino, 98, of Ponte Vedra, Florida, died Dec. 28, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www. pontevedravalley.com

#### B. Teri Ludwick-Babcock

B. Teri Ludwick-Babcock, 76, of Ponte Vedra Beach, Florida, died Dec. 30, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

#### **Walter Bishop Colvin**

Walter Bishop Colvin, 73, of Jacksonville Beach, Florida, died Dec. 30, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www. quinn-shalz.com. 904-249-1100

#### **Barbara Mateides**

Barbara Mateides, 69, of Ponte Vedra Beach, Florida, died Dec. 29, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

#### **Dorothy Mazzeo**

Dorothy Mazzeo, 89, of Ponte Vedra Beach, Florida, died Jan. 14, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www. quinn-shalz.com. (904) 249-1100

#### **Elizabeth Nader**

Elizabeth Nader, 79, of Ponte Vedra Beach, Florida, died January 2, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

#### **Gerald Joel Pincus**

Gerald Joel Pincus, 86, of Jacksonville, Florida, died Dec. 31, 2019. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. 904-249-1100



ABOVE: The first 13 acres of the 43-acre lake at Beacon Lake was recently pumped down to allow for construction of the final 30-acre phase of the lake.

RIGHT: The Lake House at Beacon Lake, which opened to residents in February 2019, is 8,200 square feet and includes a fitness center and demonstration kitchen.

Photos by Maggie FitzRoy



## Lake

Continued from 12

But while the centerpiece lake in Beacon Lake is the largest, there are other smaller ones as well.

"The lakes are part of the drainage system in most communities," Parker said. "The lakes are all tied together in a system throughout. It's all designed and engineered. And it's all clean water."

Most of the homes in Beacon Lake will either be on a lake or overlook nature preserve, as 358 acres of the 630-acre community will be nature preserve, with multipurpose paths for walking and biking and pocket parks throughout.

In phase one, Dream Finders Homes and Mattamy Homes are building coastal-inspired single-family homes ranging in size from 1,600 square feet to 3,500 square feet.

Dream Finders Homes is building on 43-foot wide and 63-foot wide homesites, and Mattamy Homes is building on 53-foot wide and 73-foot wide homesites.

Decorated model homes are open for tours.

Phase two, encompassing approximately 114 acres, is underway and will include single-family homes and townhomes.

A third builder also just joined Beacon Lake.

"Toll Brothers came to us and said

they want to be in our community," Parker said. "They will start models in March."

As of now, all but 500 of the planned homesites are either developed or under development, he said.

With its proximity to St. Johns County A-rated schools, as well as playing fields, playgrounds, tennis courts and more, Beacon Lake was created to be a family community, said Parker, a developer with years of experience.

The lakes and roads curve, they are not linear, nor are homes back to back. That makes them costly to build, "but this is the most beautiful product I've ever developed," Parker said.

"And by late spring or summer, the lake will be full."



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PONTE VEDRA 3/3 • \$362,500 Patti Armstrong



GUANA ESTATES Homesite • \$699,000 Michael Curet



OCEANFRONT Homesite • \$3,999,999 Michael Curet



HILLIARD Acreage • \$2,750,000 Earl Parker



THE POINTE 3/2 • \$599,000 Suzanne Schinsing



SAWGRASS CC 4/3/1 • \$899,900 Olivia or Brent Seaman



PONTE VEDRA 4/4 • \$720,000 Kathryn Nobles Toomy



EAGLE HARBOR 6/4/1 • \$1,095,000 Sally Sergeant



OCEANFRONT Homesite • \$2,695,000 Susan Fort or Tyler Ackland



JACKSONVILLE BEACH Homesite • \$789,000 Natalie Bryant



SEASCAPE 2/2 • \$675,000 Belk Ingram



JACKSONVILLE BEACH 4/4/1 • \$2,900,000 Pam Henry



PONTE VEDRA BEACH 4/3/1 • \$1,245,000 Suzanne Stephens



WALDEN CHASE 4/3 • \$325,000 Suzie and Rory Connolly



SAWGRASS ISLAND 6/6/1 • \$3,119,000 Suzanne Schinsing



EPPING FOREST 3/2/1 • \$945,000 Patti Armstrong



PLAYERS CLUB 5/4/1 • S999,000 Suzanne Stephens



PONTE VEDRA BEACH 4/3/1 • \$1,770,000 Laura Torrey



PONTE VEDRA BEACH 4/5 • \$1,249,900 Suzie and Rory Connolly



MARINA SAN PABLO 2/2 • S619,000 Susan Fort or Tyler Ackland



PONTE VEDRA BEACH 5/3 • \$525,000 Suzie and Rory Connolly



OCEANFRONT 2/2 • S849,000 Susan Fort or Tyler Ackland



PONTE VEDRA BCH 3/2 • \$640,000 Suzie and Rory Connolly

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# Become a pirate on your birthday

Pirate attraction in St. Augustine is more than meets the 'aye'

#### By Daniela Toporek

**Pirates** 

Black-

beard

and Mad

Hidden in the shadows of the St. Augustine Municipal Marina is an old, wooden ship, filled with secrets, swords and shanties. Its crew, a rugged group of savvy and sassy individuals, have only one mission— to sail the seas for treasure—and they will stop at nothing until they find it.

Welcome aboard the Black Raven.

Black Raven Adventures is a two-hour water attraction for adults and children alike. The pirate ship offers adventures for birthdays, work events, reunions and even weddings, along with unique scenarios for each adventure.

PIRATES continues on Page 18







**ABOVE: Birthday** boy Joshua poses with pirates Walker Plankton (from left), Bonnie Roaers and Lady Red for a group photo.

**LEFT: Pirate Tim** McFinn spends time with Alicia Bobe and her son Joaquin as the ship sings pirate



# Who knew you could do so much with balloons?

Niko Magnifiko brings magic and inflatable art to your next birthday bash

#### By Amber Lake

"If you dream it, you can twist it," is the philosophy of local entertainer Niko Magnifiko. As both a magician and "balloon artist," Magnifiko takes a lot of pride inflating and creating each child's unique balloon desires into reality. Bizarre requests are commonplace as children dream up their most fanciful possibilities while waiting in line for the squeaky and swollen rubber versions of them.

Recently, one girl who was currently infatuated with studying Russian history and culture, asked for a "Cossack hat" (an oblong visor-less folding cap made of fur, traditionally worn in the Ukraine and Russia). The rubber balloon version soon decorated her head as she made her way out of line.

A young boy, whose dreams were filled with flying, requested a jet pack, which he



Photo provided by Niko Magnifiko

Niko Magnifiko attended the Florida Super Jam Balloon Convention on Jan. 8-11.





After defeating the evil pirates, the birthday kids open their own treasure chests.



Photos by Daniela Toporek

A "Pirate Property" sign hangs along the dock in front of the Black Raven and Queen Anne's Revenge.

## **Pirates**

Continued from 16

"We normally do the kids' birthday trips every Saturday, departing at 11:15 a.m.," said Gunnar Hedqwist, owner of Black Raven Adventures. "It's similar to the family treasure hunts, but here, we take time to focus on the kids. We also serve them drinks and cupcakes."

Last Saturday, Jan. 18, three birthday groups were ready to sing pirate shanties and fend off lawless pirates, Blackbeard and Mad Dog, who tried to attack and take over the Black Raven.

"We chase them down the river and have a sea battle with cannons going back and forth," Hedqwist said.

And yes, down the river. Because Black Raven Adventures isn't just about one pirate ship, but two. The Black Raven is being chased by Queen Anne's Revenge, Blackbeard and Mad Dog's ship.

After cannons blast, Queen Anne's Revenge reaches the Black Raven and the evil pirates tie the ships together.

"We sword fight and basically, we overtake them and take the treasure," said entertainment manager of the ships, Aimee Parker, aka pirate Lady Red, ironically dressed in green.

The treasure is a chest filled with goodie bags for the kids. And for a personal touch, the birthday boys and girls each received their own chest to open, with gifts from family and friends inside.

But an iconic moment was the

inspirational quote from pirate Walker Plankton. "You get told to use your inside voices a lot," he said to the kids. "Well look around you. You couldn't be anymore outside!"

It was a refreshing reminder to both young and old that no matter how old one gets, there's a free spirit in everyone waiting to let loose.

"This was so fun with the kids," guest Alicia Bobé said after the show. "I can't even imagine how fun the adult cruises would be." Bobé sat at the bar with her family and conversed with Black Raven bartender Susan Nalley, aka Susy McKracken, while the crowd exited with pirate gear and smiles.

Thankfully, Bobé doesn't need to imagine the fun. The Black Raven staff guarantees it because according to them, they, like the cannons, have a "blast," too

"It absolutely thrills me to be here," said Lady Red. "Not only am I working with the public, where you meet so many different kinds of people and they're all in their happy place here, but to be able to provide a smile for them is so rewarding."

McKracken says "aye" to that. She and her son work together on the ship and she said it's not only brought them closer together, but also out of their shell.

"It's incredible to be able to meet people and see the kids' faces light up," she said. "I work with the best crew. This is my family. This is a great place to work."

## **Balloons**

Continued from 16

was soon equipped with. The pack even featured billowing fire balloons shooting out of rubber rocket engines.

"When people see balloons, they sometimes don't know the extent of what can be possible with them," Magnifiko said.

Recently, he drove to Orlando to attend the Florida Super Jam, a three-day convention for balloon artists and connoisseurs from around the world. The Super Jam is the "longest running educational balloon twisting decorating and entertainment event," according to the website.

"People ask me, 'how long did it take you to learn this?' Well, you never end," Magnifiko said. "You keep learning and you keep getting better. Being at Florida Super Jam is a lot like being at Lego Land. When you go, there are things you couldn't even imagine that could be made from balloons. On a grand scale, they do it."

Getting a start as a magician and balloonist, "specializing in corporate close up, strolling magic, family magic shows and birthday parties," seems like a difficult niche to break into. Magnifiko, however, didn't start out looking for a career, just a hobby. While his friends in high school were playing sports and in band, he started learning a basic "slight of hand."



Photos by Amber Lake

Niko Magnifiko makes an inflatable jet pack for an enthusiastic partygoer.

Today, Magnifiko works weekends doing birthday parties and events. During the weekdays he still maintains what he calls his "real job," which is a clinical therapist assistant at a nursing facility. Not that his side gig doesn't creep in from time to time.

"I use what I've learned as a magician to entertain my patients when they get let down," Magnifiko said. "Pain is not always pretty. I try to redirect with magic a lot of times or bring some balloons in from work. It's something different for them and they really get a kick out of it."

Being both a balloon artist and a magician is a rare skillset to have. Magnifiko believes, however, that it's his ability to combine the two hobbies that really makes him stand out.

"Making incredible balloons is an art," Magnifiko said. "The hard part is also



making it entertaining. You can learn the technique and the artist's mindset, but once you get that down you've got to go out and have fun. That's where being a magician really helps. Being interactive and being able to entertain at the same time is really the most important thing."

To book Niko Magnifiko for a party go to facebook.com/magnifikomagic or email him at niko.magnifiko@yahoo.com.

### KIDS SAY

In this new feature of the Ponte Vedra Recorder, "Kids Say," area children offer their answers for some pressing questions. This week, kids at the Nocatee Farmers Market were asked ...

## Who is your favorite star wars character?



"Probably a death trooper because they look really cool."

#### **Colin** 5th grade, Palm Valley Academy



"Kylo Ren because he is a bad guy."

**Finn** Pre-K, St. John Paul



"Kylo Ren because at the end of 'Rise of Skywalker,' Rey helps Kylo Ren and Kylo Ren kind of helps Rey."

**Jackson** 7th grade, Palm Valley Academy



"Rey because she is just really fierce, strong and brave."

**Bronwyn** 5th grade, Palm Valley Academy



"Finn because he likes Rey. Rey was supposed to be my character but my sister stole it."

**McKeen** 2nd grade, Palm Valley Academy

Sponsorship opportunities for this special feature are available. Call Susan Griffin at (904) 285-8831, ext. 3938 or email susan@opcfla.com for more information.

# Ponte Vedra Beach residents David and Linda Stein announce United Way's Stein Fellowship Class of 2020

Philanthropists David and Linda Stein, in partnership with United Way of Northeast Florida, recently announced the 2020 class of the Stein Fellowship. This multigenerational mentorship program for young professionals promotes philanthropy, community engagement and student achievement across Northeast Florida.

Every year, 12 to15 Stein Fellows are selected through a competitive interview process. The selected candidates are each paired with a local middle-school student to provide mentoring and additional support to those at risk of dropping out. This is a component of Achievers for Life, a community initiative founded in 2007 to help struggling students and families succeed. In turn, Stein Fellows are mentored by United Way Tocqueville Society members, Northeast Florida corporate, civic and philanthropic leaders.

The Stein Fellowship's goal is to foster the next generation of community-minded leaders by providing a unique combination of professional mentorship and giving back. The Fellowship also builds a network of young professionals more informed about community challenges, so they feel inspired and empowered to continue to



make a difference in Northeast Florida.

"Nearly 13 years ago when we established the Stein Fellowship at United Way, our hope was to cultivate the next generation of leaders and changemakers committed to giving back in Northeast Florida," said David Stein. "We are so pleased our classes over the years have reflected exactly that, and we are thrilled to congratulate the Class of 2020 on their selection."

of Northeast Florida's Stein Fellowship class and **Tocqueville Society mentors** pictured at the Fellowship's opening reception on Nov. 13, 2019, From left, front row: Darnell Smith, Laura Andrew, Katie Boniface, Marina Kay Wiatt, Leofric Thomas, Connie Hodges, Linda Stein, Desiree Parsley, Ashanta Williamson, Javon **Knight and Robin Lanigan** Johnston. Back row: Matthew Little. Jacob Brinkley. Paul Price, Dave Brosche, Tara Oluwabiyi, Juan Ledesma, Bob Wall, David Stein, David Johnson, Darren Brownlee, Cameron Frazier, Seth Waller, Pete Gunnlaugsson and Michelle Braun.

Photo by Jeremy Paterno Photography for United Way of Northeast Florida

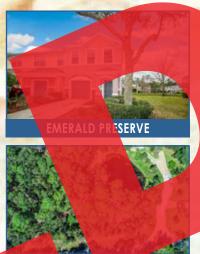
In addition to their mentoring experiences, Stein Fellows participate in exclusive educational forums, volunteer projects, networking events and social gatherings throughout their fellowship.





















Thank You Ponte We had our



OCEAN TERRACE

m. I







Lisa Barton Team



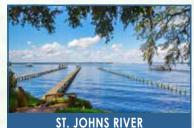
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# 11 Northeast Florida 'Women with Heart' to be honored by Volunteers in Medicine

On Wednesday, Feb. 5, 11 Northeast Florida women who are committed to leadership, advocacy, passion and hard work, will be recognized at the fourth annual Women with Heart Luncheon to benefit Volunteers in Medicine.

The event will be presented by Florida Blue and will take place at the state-of-the-art conference center on the Florida Blue Deerwood Campus. The 2020 "Women with Heart" honorees are:

Kristi Aiello – Florida Blue

Mickee Brown – Special Project Partners

Charmaine Chiu – Smith, Hulsey & Busey

Tammy Daniel - Baptist Health

Tracee Holzendorf - All About Kids and Families

Mary Reval – Memorial Hospital

Ann-Marie Knight - UF Health Jacksonville

Melanie Lawson – WJXT News

Donna Orender – Orender Unlimited

Ellen Williams – Ascension, St. Vincent's

In addition, Nina Waters will receive top honor with the Dorion-Burt "Heart of Gold" award at the luncheon. "Nina Medicine and we couldn't be more excited to recognize her at this luncheon." said Jennifer Ryan, CEO for Volunteers

The women serve the community in a variety of ways. They are community leaders, advocates and key influencers. Whether it's leading efforts for real change or providing financial support for the development and implementation of vital health and social service programs, their advocacy, volunteerism and commitment to the health of the community sets the bar for others to exceed, Ryan said. "We are honoring them for their passion and dedication to the health and well-being of our community."

The "Women with Heart" Luncheon will kick off a yearlong awareness and fundraising campaign for Volunteers in Medicine. Each honoree has committed to a month of advocacy and service to the clinic. During their month of service, Women with Heart honorees will wear the new 2020 "Heart of Jacksonville," a diamond necklace designed by Allen's Jewelers. The necklace will serve as

mission of Volunteers in Medicine.

"On behalf of our Board of Directors, staff and volunteers, we are thrilled to recognize all of these caring women," said Board Chair Ann Carey. "We appreciate that each will be hosting their own events to advance the message and mission of Volunteers in Medicine."

The luncheon will also feature a premier opportunity to win the 2019 honorees' Heart of Jacksonville necklace donated by Allen's Jewelers and valued at \$15,000. Tickets for the drawing are still available and it is not necessary to be present to win.

Sponsors of the event include Florida Blue, Allen's Jewelers, Publix Charities, Bacardi, Baptist Health, St. Vincent's HealthCare, Medtronic, Dr. and Mrs. Jim Burt, Dottie and Dr. George Dorion, Smith Hulsey and Busey, Prime Therapeutics, The Community Foundation and

Limited tables and tickets for the luncheon are available. Call (904) 399-2766 for sponsorship or ticket information.

# op heart health resolutions for 2020



Anthony Magnano, M.D. Ascension St. Vincent's

It happens to the best of us — we start off the year hoping to make big changes, only to quit our New Year's resolutions by February. Fortunately, making heart-healthy changes doesn't have to be unmanageable. Heart disease

is the number one killer of both men and women, but at least 80% of cardiac events are preventable.

With your New Year's resolutions still on your mind, now is the perfect time to take control and start off the new decade with a healthy heart.

#### **KNOW YOUR HEART HEALTH AND MONITOR IT**

The first place to start is to know where you stand with your heart health. An easy step is to schedule regular appointments with your physician to check numbers such as your weight, BMI, blood pressure,



Photo provided by metrocreativeconnection.com

cholesterol and more. Knowing where you stand can help you set healthy goals.

Personal technology has also advanced significantly in recent years to help you monitor your heart health from home. Apps and devices such as the EKG-grade Kardia band by AliveCor allow you to keep track of your progress and can alert you when your heart may be in an irregular rhythm. Recently, the Apple Heart Study, in partnership with Stanford, showed that the Apple Watch may also be able to detect atrial fibrillation, or "AFib", a common heart arrhythmia.

However, it's still incredibly important to have your doctor remain a part of the process, especially if you are seeing irregularities. Early diagnosis and treatment are critical to preventing serious heart complications that can stem from AFib, including

stroke. Patients should always keep their physicians in the loop, and an app should never replace your doctor, as sometimes the automatic interpretations on home heart monitors can be incorrect and may require physician oversight.

#### **COMMIT TO EATING HEALTHIER**

Eating a healthy diet is crucial to nourishing your heart. But, with all the fad diets today promoting major diet overhauls, it can be hard to know where to begin and even harder to succeed. When it comes to a heart-healthy diet, the important thing is to maintain balance. A Mediterranean-style diet high in vegetables, fruits, lean proteins and whole grains has been shown to promote weight loss and reduce the risk of heart disease. Salmon, chicken, asparagus, spinach, brown rice and almonds are all great examples of heart-healthy foods. At the same time, you want to limit high-fat foods, such as red meat, cheese and baked goods. Also limit high-sodium foods, such as canned or processed foods.

MAGNANO continues on Page 25

# Empowered Women Empowering hosts workshop for local women business leaders

#### By Amber Lake

Empowered Women Empowering is organizing a free workshop at the Beaches Branch Library from 1 to 5 p.m. Feb. 22. The event will include five sessions featuring topics about health and wellness for women business owners. Each topic will be delivered by a local woman business owner who specializes in the topic and will run for 30 minutes.

"The goal is to help local women who own businesses get the exposure amongst other women," said Sheri Nicholson, an organizer of the event.

A few of the of the topics discussed will include, Women Investing Now, Functional Fitness, Tai Chi as a Healing Art, Positivity Improving Health, Breath Brush Meditation, Raindrop Techniques and 5 Wishes for Your Life.

"We have women physicians, artists and other business owners that come speak," Nicholson said. "Everybody brings something to somebody else and it brings the community together, which is what we are trying to do."

Currently, StretchLab in Atlantic Beach, The Ponte Vedra Recorder and Beaches Leader are sponsoring the event, among others. To learn more about the event or to sponsor, go to www.newagehippy.org or call (904) 234-0038. The Beaches Branch Library is located at 600 Third St. in Neptune Beach.



Photo provided by Sheri Nicholson.

Women perform exercises at an Empowered Women Empowering workshop in 2019.

# Dr. Stephanie Kinsey offers whole body and oral health trends, tips

Stephanie Kinsey, DDS, owner and founder of Palencia Dental, offers top trends and tips for good oral health in 2020. According to Kinsey, Health.gov guidelines for the start of the new decade focus on oral and craniofacial disease, conditions, injuries, preventive services and dental care.

"Whole body wellness includes proper care of the teeth, mouth, and surrounding head, neck and facial structures as central to a person's overall health and well-being," Kinsey said. "Tooth decay, gum disease, cleft lip and palate, oral and facial pain, mouth and throat cancer, and dry mouth, plus a poor appearance due to oral neglect can benefit from significant improvements in oral health of Americans. Great wellness improvements can be made with effective procedures and treatment efforts for additional maladies, such as TMJ, TMD, and with implants, veneers and whole mouth restorations."

According to healthpeople.gov, an increase in awareness about the importance of oral health to overall health and



Dr. Stephanie Kinsey

well-being is gaining acceptance and adoption of effective preventive interventions throughout the U.S. The government reports show that good oral health improves a person's ability to speak, smile, smell,

taste, touch, chew, swallow and make facial expressions to show feelings and emotions. However, oral diseases, from cavities to oral cancer, cause significant pain and disability for many Americans.

"We can all benefit from effective self-care, such as brushing with fluoride toothpaste, daily flossing, and professional treatment," Kinsey said. Causes of poor oral health include cancer, diabetes, tobacco use, excessive alcohol use and poor diet.

"There are many advantages available to individuals of all ages which can



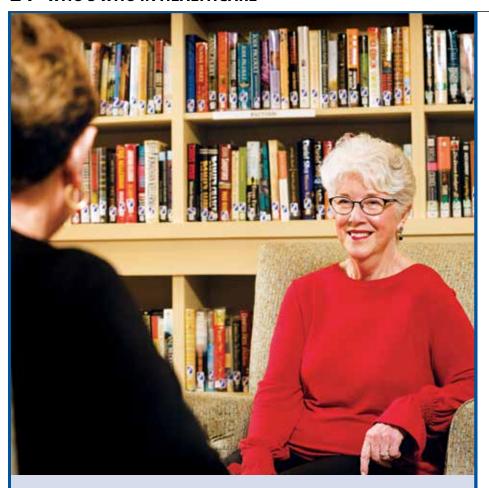
Photo provided by metrocreativeconnection.com

eliminate barriers and promote a person's use of proper dental care," Kinsey said, including the use of community water fluoridation and dental practice dental sealant programs, which are leading evidence-based interventions to prevent tooth decay.

Kinsey added that with cultural pressures to look and feel great, patients can be supported by a myriad of short and long-term solutions for better dental health and cosmetic improvements, plus aesthetics. "An attractive and pain free mouth

and beautiful smile can be obtained for everyone," she said. "Our dental health, teeth and gums along with facial expressions may often show years of neglect due to poor hygiene or improper attention. For many, some simple treatments and procedures can help to create dental and whole-body health, and an appearance that can be improved."

Palencia Dental is located at 159 Palencia Village Dr., Suites 107-109, St. Augustine. Call (904) 826-4343. Website: www.palenciadental.com.



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Tuesday, Feb. 18 | 11:30 a.m. - 12:30 p.m.

Lunch is provided during this complimentary event at River Garden. To RSVP, call (904) 288.7855 or email kbell@rivergarden.org.



Photo provided by Patty Mohler

Patty Mohler, author of "Renew and Restore: How to Communicate, Connect and Celebrate Your Best Self," with her therapy dog, Riley.

## Local licensed mental health therapist releases book

As a local Jacksonville Beach licensed mental health therapist, Patty Mohler has noticed in this age of technology that people have lost the connection to others, even though we are more connected than

As such, she wrote a book about the subject.

"Renew and Restore: How to Communicate, Connect and Celebrate Your Best Self" is a personal growth book written to help readers improve their relationships by teaching them how to communicate

"It is meant to empower, motivate and inspire others to be their best self," Mohler said.

The book explores friendships and how to keep them and communication tips to help readers interact with others better with active listening. It also gives advice on how to not give advice, how to not let technology interfere with relationships, how to remove shame from your life, how to explore the gift of gratitude and how to set healthy boundaries to protect yourself.

"We have gotten so good with our thumbs and we are no longer connected to one another," said Mohler. "We are looking to have a community and not many do. Most of us give and give and give to our children, work, grandchildren and wives and husbands. Clients come in my

office and say, 'I am lost, I have no idea who I am."

She said the book is an exploration of how to connect to ourselves again. It offers advice on how to communicate better without making others defensive.

"The book will show readers how to uplift one another, celebrate one another and how to take time for you," said Mohler. "When is the last time you invested in you?"

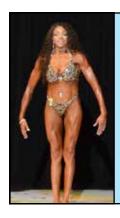
She decided to write the book after hearing from so many clients how disappointed they are in their friends.

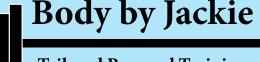
"Their friends have let them down and were not supportive," Mohler said.

She also addresses how people can accept each other's changes and how to have effective conversations with people when you are hurting.

"Patty's book is a must-have for anyone looking to improve their communication skills, relationships and become a better human being on this planet," said Kathy Lang. "It is chock full of real-world applications, straight-forward explanations and beautifully touching stories of her life. Anyone who picks up this book is a fortunate recipient of Patty's unique ability to boil it all down into heartfelt, useful practices that anyone can benefit from."

**BOOK** continues on **Page 25** 





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## Magnano

#### **FIND WAYS TO RELIEVE STRESS**

Stress is linked to a whole host of health problems, including heart disease. Stress can tighten blood vessels and damage arteries, raising blood pressure and increasing risk for conditions like AFib, stroke and heart failure. The good news is that you can take steps to reduce your stress that will improve both your mental and physical wellbeing. Committing to regular exercise is a heart-healthy habit, and research shows that people who exercise report fewer days of bad mental health. Even if it's just a simple walk, moving your body can work wonders for your heart and your stress levels. Finding time each day for stress-reducing hobbies

like gardening, reading a book, meeting with a friend, playing with pets or listening to music can have significant positive impacts on your heart as well. Yoga, meditation and deep breathing exercises are great stress-reducing activities, too. The key is to find what makes you feel good and make it a practice.

#### TAKE CONTROL OF YOUR HEART HEALTH

This year, resolve to make a few small changes that can add up to big improvements for your heart. Work with your doctor to create a plan you can stick to, and let's make 2020 the start of our best decade yet.

Dr. Anthony Magnano is a Ponte Vedra resident and cardiologist at Ascension St. Vincent's Riverside. For more information on Dr. Magnano and his specialty treating Atrial fibrillation, visit Healthcare.ascension.org.

## Book

Mohler hired Branded Expert Press to help her edit the book and keep her on task as she formed it.

In addition to her practice, Mohler offers workshops, women's retreats and couple retreats around the country. She is hosting a Renew and Restore retreat in October in Jekyll Island, Georgia.

"You will rediscover what gives purpose to your life," Mohler said. "Sometimes it helps to get away from the noise and distractions.'

Prior to becoming a therapist, Mohler was a ceramics instructor, English teacher, fitness studio owner and a professional tennis player. She graduated from Colorado State University with a bachelor's degree in English with a minor in physical education.

"Renew and Restore: How to Communicate, Connect and Celebrate Your Best Self" is available on Amazon.com.

For more information, visit renewrestoreretreat.com or pattymohlercounseling.com.





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**26** WHO'S WHO IN HEALTHCARE

# Convenient urgent care comes to Nocatee

#### **By Christine Rodenbaugh**

A recently opened CareSpot Urgent Care is providing medical attention to the Nocatee Town Center area. Located off at Nocatee Parkway near Crosswater Parkway, the facility is minutes from Ponte Vedra High School, and only a short drive from Valley Ridge Academy, Palm Valley Academy K-6 School, Ocean Palms Elementary and PVPV/Rawlings Elemen-

Appointments are not necessary, walkins are welcome, or patients can use the CareSpot website for online scheduling, digital registration and online bill pay. Most insurance is accepted and self-pay rates are clearly posted in the lobby.

The site provides flu shots, on-site x-rays and lab tests and treats workers' compensation injuries. The medical staff has expertise to treat a variety of medical issues including breathing treatments for asthma and other respiratory illnesses, wellness care and occupational health.

#### **WELLNESS CHECKS**

Regular health checks can give residents peace of mind, a better perspective



Photo by Christine Rodenbaugh

CareSpot Urgent Care is open from 8 a.m. to 8 p.m. to provide urgent care, wellness checks and occupational health services to the Nocatee area.

of their overall health and notify them of potential health issues before they evolve into something more serious. At CareSpot Urgent Care at Nocatee, the team of medical professionals is trained to care for the whole family.

CareSpot Urgent Care offers routine wellness exams, preventive check-ups, lab tests, pre-employment physicals, sports and school physicals, vaccinations and flu

#### **OCCUPATIONAL HEALTH**

CareSpot Urgent Care at Nocatee offers workers' compensation healthcare services so employees can get back to work as soon as possible. From bandaging cuts to treating sprains and strains, medical professionals provide a wide range of workers' comp services. Employees can just walk in, no appointment necessary, with a treatment authorization form from their employer.

In addition to treating work injuries, CareSpot Urgent Care offers many occupational health services to promote a healthy and safe workplace, including DOT physicals and drug screens, flu shots and other immunizations, lab and blood work, tetanus shots and additional screenings

CareSpot Urgent Care is located at Nocatee Town Center, 151 Pine Lake Dr., Ste. B in Ponte Vedra.

For more information, visit bit.ly/CareSpotNocatee or call (904) 543-3448.

## Use of telehealth services on rise

Getting sick once meant traveling to a physician's office only to sit in a waiting room with fellow under-the-weather individuals. Few if any people like leaving home when they're feeling ill, and thanks to technology, many no longer need to do so.

Telehealth services, which the Massachusetts Medical Society defines as the delivery and facilitation of health and health-related services including medical care, provider and patient education, health information services, and self-care via telecommunications and digital communication technologies, are revolutionizing the healthcare industry. In many instances, patients need not leave the comfort of their beds or sofas to be diagnosed and treated. The Office of the National Coordinator for Health Information Technology says telehealth, which is a broader scope of remote healthcare services than telemedicine, can utilize everything from videoconferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless phone communications.

Many providers and insurance companies now offer some method of telehealth services. Consider some of these statistics.

- The American Telemedicine Association says more than one-half of all hospitals in the United States have a telehealth program.
- Forty-eight states require payers to cover telehealth, says the Center for Connected Health
- BBC Research indicates that telehealth



Telehealth services enable patients to connect with providers to get the care they need without leaving

makes up roughly one-quarter of the healthcarerelated technology market.

- The American Medical Association says nearly 75 percent of all doctor, urgent care and emergency room visits could be handled safely and effectively over the phone or via video.
- Beckers Hospital Review says 82 percent of millennial patients surveyed would rather have a telemedicine visit than an in-person consultation.
  - Around seven million people use telehealth

TELEHEALTH continues on Page 27

## New dental practice coming soon to St. Johns

Avanika Grover, DDS, and Vinice Hutchins, DMD, will soon be offering dental services to the community of St. Johns at their brand-new office, Dental Care at Cartwheel Bay. The new fullservice, state-of-the-art family dental practice is set to open on Thursday, Jan. 30.

Dental Care at Cartwheel Bay will be fully equipped with the latest products and equipment available in the dental industry, offering the dentists, and their dental team, the opportunity to provide the most up-to-date procedures and services to their patients. From routine cleanings and simple fillings to more in-depth restorative and cosmetic services, patients can expect individualized care to help them keep their teeth for a lifetime.

"We are excited to be joining the St. Johns community to offer high-quality dental services to families and individuals of all ages," Grover said. "Our mission is to provide exceptional experiences to each patient who walks through our doors."

Grover earned a bachelor's degree from Washington University, St. Louis, MO and her Doctorate of Dental Surgery from Texas A&M Baylor College of Dentistry, Dallas, TX. She is an active member of the American Dental Association, Delta Sigma Delta and the Academy of General Dentistry.

Hutchins earned a bachelor's degree from Florida Atlantic University, Boca Raton, FL and her Doctorate of Dental Medicine from Nova Southeastern University College of Dental Medicine, Fort Lauderdale. She is an active member of the Academy of General Dentistry and the Florida Dental Association.

"Dental health is vital to overall health, so we want to help our patients make the best decisions for their care," said Hutchins. "We plan to educate patients on the importance of dental care and encourage them to adopt an ongoing preventative care routine."

Dental Care at Cartwheel Bay is located at 60 Shops Blvd. Suite 10 in St. Johns. The office is now accepting new patients. Appointments can be made by calling (904) 342-3087 or visiting Dental Care At Cartwheel Bay. com.

#### Ponte Vedra Recorder · January 23, 2020

# Macular degeneration: Understanding the leading cause of vision loss



**McGregor N. Lott, M.D.**Florida Eye Specialists

Age-related macular degeneration, AMD, is an incurable eye disease that is the leading cause of vision loss in America. As many as 11 million people currently have some form of this condition,

and that number is expected to double to nearly 22 million by 2050. Many are unaware of this eye condition, yet it has the potential to rob people of their sight and quality of life.

AMD centers around the macula, the part of the eye that is used to see fine detail and gives us our ability to read, drive, watch TV, use a computer and recognize faces. Most common in adults 55 and older, AMD primarily affects central vision, causing blind spots directly ahead. This type of vision loss can be severe and irreversible if left untreated, which is why early detection is critical.

## SYMPTOMS OF MACULAR DEGENERATION

Symptoms to look for in AMD include blurred or distorted vision, blind spots, sensitivity to light or trouble seeing straight lines. There are two distinct types of AMD: "dry" and "wet." The majority of AMD patients suffer from the "dry" type of the disease and will often first notice blurred vision or a central blind spot that gradually increases in size over the span of a few years. Patients with wet AMD, however, will experience symptoms at a much more rapid pace, with some noticing a dramatic change seemingly overnight. In either case, it's crucial to seek care as quickly as possible to preserve vision.

#### **MACULAR DEGENERATION PREVENTION**

Most cases of macular degeneration are related to the aging of the eyes, but genetics and tobacco use can play a role. If you have a family history of this condition, it's especially important that you receive regular screenings. Care for your eye health by wearing UV-rated sunglasses, not smoking and eating a healthy diet low



Photo provided by metrocreativeconnection.com

in fat and sugar and high in antioxidants.

The single most important thing that you can do to protect yourself from AMD is to visit your eye doctor annually. Take note of any symptoms in your vision and seek medical help at the first sign of any noticeable changes.

#### TREATMENT OPTIONS

There is currently no cure for AMD, but there are several treatments that can relieve symptoms and slow its progression, helping to preserve vision. At Florida Eye Specialists, we most commonly recommend special vitamin supplements or give ocular injections that inhibit new blood vessels.

Because of the prevalence of this eye disease, people need to be aware of AMD and get themselves checked. If you have noticed any symptoms related to macular degeneration in your vision, don't wait. Contact your eye care provider to discuss treatment options today.

Dr. McGregor N. Lott is an ophthalmologist with Florida Eye Specialists. He is fellowshiptrained in medical retina and has been practicing ophthalmology for 15 years. For more information, visit FloridaEyeSpecialists.com.

## What is occupational wellness?

Wellness is a broad term that can refer to various aspects of daily life. Disciplines like yoga and meditation might be the first things to come to mind when people think of wellness, but focusing on wellness at work can have positive, lasting effects on overall wellbeing as well.

Occupational wellness is not necessarily a familiar term, but it's something that most professionals strive for. According to the Student Health and Counseling Services at the University of California, Davis, occupational wellness inspires people to find work from which they will gain personal satisfaction and find enrichment. Occupational wellness promotes the exploration of various career options and the pursuit of those opportunities that most appeal to each individual.

While it may seem like common sense to aspire for an engaging, enjoyable career, the effect that finding such a career can have on overall well-being might not be so apparent. In an analysis of a recent Gallup World Poll, a survey that asks hundreds of thousands of workers across the globe about their jobs and their job satisfaction, Harvard Business Review found there is a correlation between job satisfaction and life evaluations. People who report being satisfied with their jobs seem to be happier overall.

So how can one embrace the concept of occupational wellness? UC Davis offers individuals the following suggestions as they begin their journeys to occupational wellness.

# ■ Perform some self-reflection. Reflect on yourself and what you need out of a job. Are there certain occupational tasks you enjoy? Are there some you find burdensome? Identifying those you enjoy and those you feel are onerous can help you narrow down your options to careers you will find engaging and rewarding.

- Consider unpaid work and volunteer opportunities. Even though they don't pay, unpaid work and volunteer opportunities can still enrich your life and provide personal satisfaction. Such opportunities should not be overlooked.
- Practice open communication and proper conflict management with colleagues. Negative working environments can be stressful, leading to dissatisfaction on the job. Openly communicating with colleagues and resolving conflicts in a proper, professional way can foster a positive working environment, potentially contributing to greater job satisfaction.

Prioritizing occupational wellness can help people live happier, more fulfilling lives.

## **Telehealth**

Continued from 2

services across the globe, according to eVisit.

Telehealth can connect rural providers and their patients to services at other sites and promote patient-centered health care. With a shortage of some medical specialities in rural areas, telehealth can play an important role in ensuring all patients get access to care they need. But the benefits do not only extend to rural patients. Individuals who are elderly and/or those who have mobility issues and cannot

travel easily can benefit from telehealth services. Furthermore, any patient with a rare condition may no longer have to travel long distances to consult with specialists in that field.

Telehealth applications and programs on smartphones, tablets or laptops can make it easy for people to monitor their health. These apps can enable patients to do things like track health measurements, share information with clinicians, manage chronic illnesses, and set medication or appointment reminders. Patients also can communicate with providers to get health information through patient portals or to refill prescriptions effortlessly.





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# Business Helder Business Busin

Medure Brothers opens Italian-inspired restaurant at St. Johns Town Center

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www.PonteVedraRecorder.com

## Berkshire Hathaway HomeServices FNR lights up the night with luminaria

Berkshire Hathaway HomeServices Florida Network Realty recently brought a holiday glow to Northeast Florida neighborhoods while helping local charitable organizations. The firm's Luminaria 2019 event raised \$9,170 for local charities.

"We are grateful for the support we received from the community and we are so proud of our dedicated team who helped make our Luminaria a success," said president and CEO Christy Budnick. "It was magical to see our streets lined with luminaria, bringing neighbors and friends together to enjoy holiday fun and cheer while making a positive difference in others' lives."

For the event, the company sold Luminaria kits assembled by Pine Castle and donated 100% of the proceeds to local charities. This is the fourth year Berkshire Hathaway HomeServices Florida Network Realty has hosted the Luminaria. To date, Luminaria has raised more than \$70,000 for local charities.

Atlantic Beach, Neptune Beach, Ponte Vedra Beach, St. Augustine and Fleming Island neighborhoods took part. Proceeds from Luminaria support Boy Scout Troop 15, K9s for Warriors, Blessings in a Backpack, Matanzas Riverkeeper and Pace Center for Girls.



Berkshire Hathaway HomeServices Florida Network
Realty's Luminaria brought a holiday glow to Northeast
Florida neighborhoods while supporting local charities.

# JAX Chamber announces 2020 ImpactJAX Board of Directors

The JAX Chamber recently announced its 2020 ImpactJAX Board of Directors. Richard Naylor, director of business operations for the Tom Coughlin Jay Fund, will lead the board as Chair in 2020.

Board member Sarah Gordon of Jacksonville University is a Ponte Vedra Beach resident.

ImpactJAX is the young professionals organization of the JAX Chamber and the premier venue for Jacksonville's next generation of leaders to connect with each other and the community.

Members of the ImpactJAX 2020 Board of Directors include:

■ Lauren Braddock Alcorn, SERVPRO of The Beaches/Ponte Vedra, Immediate Past Chair



Sarah Gordon

- Jon Cagan, Cagan & Cagan Law Firm, Chair-elect
- Ebony Carter, Black Knight, Membership Chair
- Sarah Gordon, Jacksonville University, At-large Member
- Moyla Halimy, Parker + Lynch, At-Large Member
- Graham Hawkins, Bank of America, Professional Development Chair
- Kayla Nocella, AXA Advisors, Service and Giving Chair
- Britten Shea, Black Knight, Social and Cultural
- Amanda Trotenberg, Burdette Ketchum, Community Engagement Chair
- Tom White, Adams and Reese, Public Policy Chair

# Financial Focus: Look for changes in retirement plans



Karsten Jacobson
Columnist

It might not have made the headlines, but a recently passed piece of legislation could affect the IRAs and 401(k)s of millions of Americans beginning this year. So, if you have either of these accounts, or if you run a business, you'll want to learn more.

The new laws, collectively called the Setting Every Community Up for Retirement Enhancement (SECURE) Act, include these noteworthy changes:

rent law, you must start taking withdrawals – known as required minimum distributions, or RMDs – from your traditional IRA and 401(k) or similar employer-sponsored plan once you turn 70½. The new law pushes the date to start RMDs to 72, which means you can hold on to your retirement savings a bit longer.

- No age limit for traditional IRA contributions Previously, you could only contribute to your traditional IRA until you were 70½, but under the SECURE Act, you can now fund your traditional IRA for as long as you have taxable earned income.
- Limitation of "Stretch IRA" provisions Under the old rules, beneficiaries were able to stretch taxable RMDs from a retirement account over his or her lifetime. Under the SECURE Act while spouse beneficiaries can still take advantage of this "stretch" distribution, most non-spouse beneficiaries wiBrothers have to take all the RMDs by the end of the 10th year after the account owner passes away. Consequently, non-spouse beneficiaries who inherit an IRA or other retirement plan could have tax implications due to the need to take larger distributions in a shorter timeframe.
- No early withdrawal penalty for IRAs and 401(k)s when new child arrives. Typically, you must pay a 10% penalty when you withdraw funds from your IRA or 401(k) before you reach 59 ½. But now, with the new rules, you can withdraw up to \$5,000 from your retirement plan without paying the early withdrawal penalty, as long as you take the money within one year of a child being born or an adoption becoming final.

Some provisions of the SECURE Act primarily affect business

- Multi-employer retirement plans Unrelated companies can now work together to offer employees a 401(k) plan with less administrative work, lower costs and fewer fiduciary responsibilities than individual employers now encounter when offering their own retirement plans.
- Tax credit for automatic enrollment The new law provides a tax credit of \$500 for some smaller employers who set up automatic enrollment in their retirement plans. And a tax credit for establishing a retirement plan has been increased from \$500 to \$5,000
- Use of annuities in 401(k) plans It will now be easier for employers to consider including annuities as an investment option within 401(k) plans. Previously, many businesses avoided offering annuities in these plans due to liability concerns related to the annuity provider, but the new rules should help reduce these concerns.

## Fitness Machine Technicians opens in Northeast Florida

Fitness Machine Technicians, specialists in the maintenance and repair of exercise equipment for commercial and residential customers, recently opened in the Jacksonville area. Chuck Hood, of St. John's County, and his family will own and manage the local office.

Chuck Hood and his wife, Sharon, are excited to make this new endeavor a family affair. Their youngest son, Josh, will have a role as a lead technician along with sales and service duties, and Sharon will help with day-to-day business operations and scheduling. Chuck said, "Our family is ready to start a new venture together. It will be a great opportunity for us to connect with our entrepreneurial spirit and grow a business on Florida's First Coast that helps keep people's fitness equipment fit in order to help themselves stay fit."

The Hoods have lived and worked in the Jacksonville area for the past 25 years. Chuck has worked in manufacturing, focused on machine automation design, fabrication and production operations, while Sharon has worked as a nurse in various roles and settings. In looking for opportunities to pursue a lifelong dream of owning his own business that would complement his technical background, Chuck found Fitness Machine Technicians to be the perfect fit.

A graduate of University of Tennessee at Chattanooga with a undergraduate degree in Mechanical Engineering and a Master's in Business, Chuck said, "With North



Photo provided by Chuck and Sharon Hood

Chuck and Sharon Hood recently opened Fitness Machine Technicians in the Jacksonville area.

Florida's high population growth rate and increasing development of new hotels, resorts, condos, and HOAs with gyms, there's an increasing need for a service that streamlines and optimizes repairing and maintaining fitness equipment to meet the needs of Floridians who expect quality fitness machines to complete their workouts." He added, "It's our goal to provide the best possible service for those who use, own, or supply fitness equipment

throughout the North Florida area for both residential and commercial customers."

Fitness Machine Technicians operates in more than 85 markets across the country and offers service/repair and maintenance on a variety of exercise equipment in fitness centers, universities, high schools, hotels, apartment complexes, corporate gyms and private residences.

Since its inception, Fitness Machine Technicians has been committed to delivering reliable service/repair and preventive maintenance services to customers across the nation. With more than 35 years of experience in the fitness industry, Chief Executive and Founder Don Powers said he created a company that puts its customers first.

"We're thrilled Chuck and his family are growing Fitness Machine Technicians in their region," Powers said. "It's been our goal from the very start to bring in qualified entrepreneurs to lead our franchises, and Chuck's experience in engineering and operations gives me confidence he will succeed."

The Hoods plan to hire several technicians as the business grows. All technicians are trained at Fitness Machine Technicians' headquarters in Philadelphia.

For information about having a fitness machine or exercise facility serviced, contact Fitness Machine Technicians Jacksonville at (904) 478-0072 or visit www.FitnessMachineTechnicians.com/JAX.

## Medure Brothers new culinary concepts fuses Italian-inspired recipes with Medure craftsmanship

Medure Brothers Culinary Concepts recently opened the doors to its newest restaurant, Midtown Table. Located near Jacksonville's St. John's Town Center, 5016 Gate Parkway, Midtown Table is designed to be a family-friendly restaurant featuring what the Medure brothers, Matthew and David call, "inspired Italian cuisine."

Said Matthew Medure, "Midtown Table brings to this part of town a unique, chef-inspired experience and we're excited to share all that we've put into this restaurant with our guests."

Midtown Table is actually opening a week earlier than planned. Under the guidance of newly hired Chef de Cuisine, Justin Rohloff, the team spent more than a month of training, hiring and practicing (and all while the restaurant was being finished around them). The restaurant hosted several practice dinners with friends and family and some internal mock dinners designed to give the staff some live experience before opening.

The final Family & Friends dinner was hosted on Friday, Jan. 17 and the restaurant was closed over the weekend to evaluate their processes, recipes and flow.

As it turned out, "Everything came together so well, and we are too excited to wait another week" Rohloff said. "We're eager to share the Midtown Table experience and open the doors. I give credit to front of the house staff for doing such a great job preparing the servers and bar staff."

## Jacobson

Continued from 29

The SECURE Act is the most significant change to our retirement savings system in over a decade. We encourage you to contact your financial advisor, tax professional and estate planning attorney to assess the potential impact on your investment strategies and determine any possible tax and estate planning implications of the SECURE Act.

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.

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Photo provided by the Ponte Vedra Concert Hall

## Lucinda Williams and Her Band Buick 6 to perform at Ponte Vedra Concert Hall

#### By Daniela Toporek

Named by VH1 as one of the greatest women of rock and roll, three-time Grammy Award winner Lucinda Williams is returning to Ponte Vedra Beach on Jan. 26 to perform at the Ponte Vedra Concert Hall.

The country-Americana musician is set to perform with her band, Her Band Buick 6, with guest Jesse Malin at 8 p.m. Doors open at 7.

Williams is known for her 1988 song, "Passionate Kisses," off of her self-titled album. The song was covered by Mary Chapin Carpenter four years later in 1992 and went on to win the Grammy Award for best country song of the year.

Along with, 'Passionate Kisses,' Williams said she and her band like to "mix things up" and perform songs from as many different albums as possible, even some favorite covers.

"Most of the stuff I do are my own songs," she said in a phone interview. "But towards the end, I like to do a cover of The Allman Brothers Band's song, 'It's Not My Cross to Bear.' Sometimes we'll do Neil Young's 'Rockin' in the Free World."

But what personalizes each show most doesn't come from the band, but from the

fans, she said. "My manager, Tom Overby, always looks on my Facebook fan page and sees what songs people requested and we try to do them all."

Williams and her band have played together for years but are just now being noticed as an "Americana" band, a genre that didn't exist when her career began.

She said the root of her music comes from blues, country, rock and a little Southern rock.

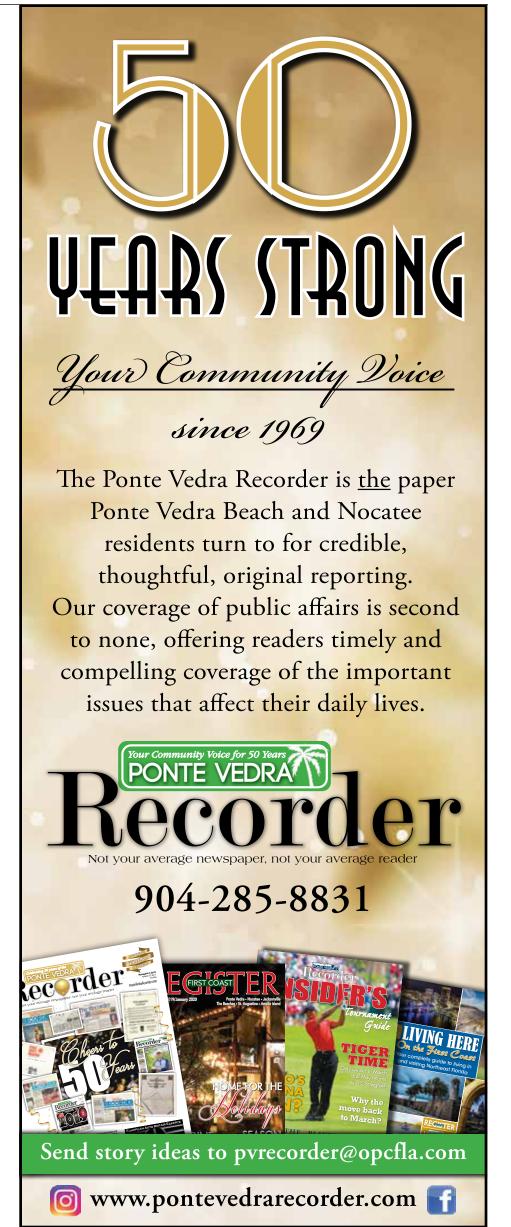
"I remember I was doing a show somewhere in Florida," she reminisced. "And this woman comes up to me and says, 'I love your music. I don't like country music usually, but I like your music.'

"I have a large fan-base, but you don't hear me on the radio," Williams said. "It seems like it's (the radio) squeezed down to pop, hip-hop or commercial pop country. You'd have to listen to SiriusXM or college radio stations to find me."

But this weekend, she can be found in Ponte Vedra Beach— in person and in action. She's ready to lock down Ponte Vedra Beach and remind the town that there's more to music than FM radio.

"We'll give people their money's worth." she said.

Visit www.PVConcertHall.com for more information.





# Historic neighborhood to host live jazz performances

The Lincolnville Museum and Cultural Center to present 'Lincolnville Jazz at the Excelsior' through May 15

The Lincolnville Jazz at the Excelsior series brings local and national jazz musicians to the historic Lincolnville neighborhood in St. Augustine. The series will run through May 15. A riveting series of eight performances will showcase the soul of the African American experience through jazz music.

For the past four years the museum has offered after-hours jazz performances as a part of its cultural offerings.

The 2020 lineup includes many returning favorites, including Mama Blue, Akia Uwanda and Eric Carter and Company, in addition to the Lincolnville debuts of Laiken Williams & Fellowship of Love. Linda Cole and more. Another new offering this year is a pre-show cocktail lounge, which opens at 6 p.m. The full list of performance dates is available at www.lincolnvillemuseum.org/jazz.

The Lincolnville Museum and Cultural Center is an African American history museum located in the heart of Lincolnville, a historically African American neighborhood. The museum serves to preserve, promote and perpetuate over 450 years of the African American story through the arts, educational programs, lectures, live performances and exhibits. Ongoing exhibits include Lincolnville Lifeways, which highlights the activities of local pioneers.

The Lincolnville Museum and Cultural Center is located at 102 ML King Ave., St. Augustine. All showtimes begin at 7:30 p.m. Tickets are \$20 in advance and \$25 at the door. Tickets are available for purchase at the museum or by calling (904) 824-1191.

For more information, visit lincolnvillemuseum.org.



Photo provided by Scottish band Albannach

## Scottish band Albannach returns to St. Augustine Celtic Music and Heritage Festival

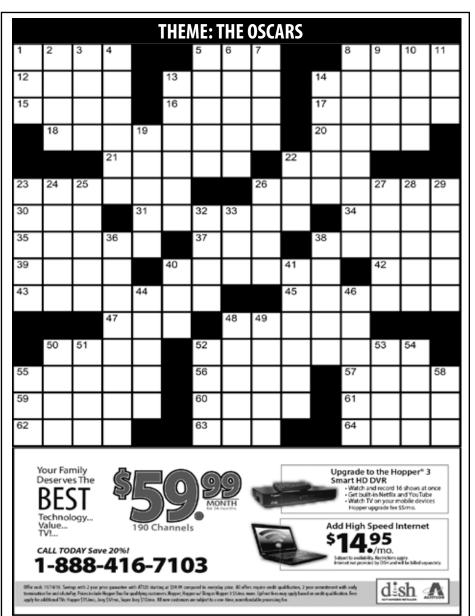
Albannach, a high energy Scottish band with a heavily percussive sound, has headlined at the St. Augustine Celtic Festival every year since 2012.

This year the multi-award-winning Celtic Festival will take place March 14 and 15 at Francis Field in downtown St. Augustine, and the band will perform there both days.

Members of Albannach are Jamesie, bass drums and vocals; Jacquie, bass drums and vocals; Donnie, champion piper; Nick, lead drummer; and DidgeriDrew, didgeridoo.

Many other Celtic bands will be announced as they are confirmed.

For tickets and more information, visit CelticStAugustine.com.



#### **ACROSS**

5. Protrude

8. \*"Once Upon a Time... in Hollywood" supporting nominee

12. Eggnog time, traditionally

13. Pol request

14. Capital of Senegal 15. \*Jo Van Fleet won for her role in "East of

16. Augmented 17. Shoemaker without

shoes, e.g. 18. Ones full of desire

20. VSCO girl's shoes 21. New Zealand native 22. "The Nutcracker" step

23. Boiled bread product. pl.

26. Guarapo de jagua

30. Edith Wharton's

\_ of Inno-"The cence" 34. \*1935 Best Picture

nominee "A Two Cities" 35. Plant a.k.a. golden

buttons 37. \*Dustin Hoffman

was nominated for role in "\_\_\_\_ the Dog" 38. Does like Matry-

> 39. Narrative poem 40 Brunch drink

42. Gumshoe

43. 10-sided polygon

45. Qatar native

47. Greek R

48. "Friends" favorite

50. Fodder holder 52. \*Oscar winner for "The Revenant" and

2020 nominee 55. Uses a paring knife

56. Twelfth month of Jewish civil year 57. Whirlpool

59. \*The first to refuse his award, for "Patton"

60. \*He was nominated for "Lost in Translation" 61. Sunburn aid

62. Negative contraction 63. Chi precursor 64. \*"The Marriage

Story" nominee

#### **DOWN**

1. Reply to a captain 2. \*Renée Zellweger's

3. Away from wind 4. Dub again

5. \*Movie with most 2020 Oscar nominations

6. First cradles

7. \*Oscar-winners Gore, Fonda and Cameron did this talk, pl.

8. \*South Korean black comedy thriller 9. Image in an Orthodox church

10. Soaks in rays 11. The old college one

13. With numerous

14. Backless sofa

19. Campaign trail

gathering

22. Coach's talk

23. Diminished

24. Open-mouthed

25. Relating to a gene

26. Garbage in, garbage out

27. Primo, on Italian 28. What tailor shops

29. \*He won an Oscar

for role in a Scorsese 32. \*Oscar-winning

writer Julius Epstein to

Oscar-winning writer Philip Epstein

33. Ewe's mate 36. \*She's nominated in

2020... twice

38. Civil rights org.

40. Jersey call

41. Sudden increase in wind

44. \*Whoopi Goldberg scored an Oscar for this movie

46. \*"Phantom\_

2018 nominee

48. Locomotive hair

49. Round openings

50. Cul de \_

51. \*Meryl Streep won

for "\_\_\_\_\_ Lady" 52. Mortgage, e.g.

53. Not in action

54. Skunk's defense 55. Tire measurement

58. Japanese capital



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## Classic musical comedy to open at Players by the Sea

Players by the Sea's first musical of the year opens Friday, Jan. 24. "A Funny Thing Happened on the Way to the Forum" has been called Broadway's greatest musical farce. It's a timeless comedy dating back to its Broadway premiere in

Al Emerick, who plays the character Pseudolous, said the cast has been working hard to get ready for the show. "There's a real diverse split between ages and experience but everyone is in this thing together and has been since the start," he said. "We've battled a lot of challenges from the flu season, holiday vacations but everybody is dedicated and it's awesome!"

The cast consists of 18 actors, ranging in age from teenagers to seniors. Some have studied theater professionally and others just love being on stage.

Billy Speed, a Jacksonville native, plays Hero. He went to school for Music Theatre at Oklahoma City University. the same school that musical sensations Kristin Chenoweth and Kelli O'Hara graduated from. Other cast members include teachers, a retired engineer, a dentist and high school students. Despite coming from different walks of life, they have come together through the production process, bonding over their love for the theater.

"A Funny Thing Happened on the Way to the Forum" takes the audience back to ancient Rome. Pseudolus, a devious slave, makes a deal to win his freedom by playing matchmaker for his lovesick master, Hero. It is rife with pompous generals, domineering parents and wily courtesans.

"You should buy tickets to this show because you will have the opportunity to walk away in tears from laughter and your face will hurt from the smiles," Emerick said.

Tickets are on sale now at playersbythesea.org or by calling the Box Office at (904)249-0289. General admission is \$28. Senior/student/military tickets are \$25. Thursday Nights are Student Nights at PBTS, with \$14 tickets for students with a valid student I.D. at the door.

The show runs from Jan. 24 to Feb. 15.

Send us your arts news! pvrecorder@opcfla.com



Photo provided by Alhambra Theatre & Dining

Lisa Valdini-Booth and Tod Booth play the only characters in "Love Letters," currently playing at Alhambra Theatre & Dining.

## Review: 'Love Letters' does a lot with little

#### **By Paris Moulden**

Don't go into "Love Letters" at Alhambra expecting to be dazzled with spectacular set displays, fancy costume changes and big dance numbers, but do expect to laugh ... and to cry.

"Love Letters" playing at Alhambra Theatre & Dining through Feb. 9, tells the story of a man and woman's 50-year friendship through a series of letters.

The letters are irreverent, sometimes deep, sometimes simple, often funny and usually poignant. What makes Alhambra's production even more interesting is the cast itself. Tod Booth, Alhambra's creative director, and his real-life wife, actress Lisa Valdini-

Booth, play the only characters in the show. As the only actors in the play, one with no set or costume changes. they are solely responsible for carrying the performance. Also, of note, their daughter Jessie Booth, directed them in the play.

In "Love Letters," Andy and Melissa are childhood friends, who keep in touch regularly through letter writing, something Andy loves, and Melissa, not so much. Their childhood innocence is exposed in the earlier letters, along with the many facets of their lives. Andy comes from a close-knit family, who spend the holidays laughing and sharing. Melissa comes from money, but deals with an absentee mother, who would

rather find a husband than spend time with her. It's rather amazing what you can glean from someone's life through these letters, which aren't particularly long, but frequent, and very telling.

With the minimal set and little actual interaction between the characters, the Booths do a great job of setting the scene through just their tone of voice and facial expressions, and the dialogue doesn't get stale. With so little going on, the content of the letters and the delivery by the actors is crucial, and the Booths are able to convey the emotions of the letters beautifully.

So, while the play may not be a visual spectacle, Alhambra's "Love Letters" certainly delivers.

No one forgets their first love.

ON STAGE JAN. 9



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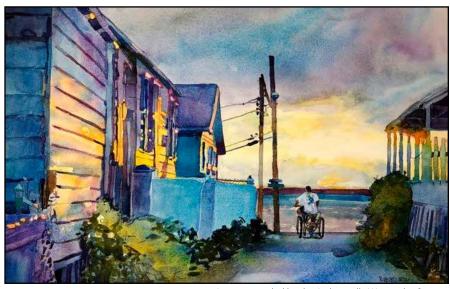


Image provided by the Jacksonville Watercolor Society

## Jacksonville Watercolor Society to host guest artist

Robert Leedy will share his water-color and plein aire techniques at the January meeting of the Jacksonville Watercolor Society Jan. 28 at the Cultural Center at Ponte Vedra Beach, located at 50 Executive Way. At the 7 to 9 p.m. meeting, which is free and open to the public, Leedy will demonstrate how to use bold color as a way for artists to loosen up their paintings.

Leedy grew up in Jacksonville and

has lived in Paris, Brussels, Buenos Aires and the Caribbean.

"I think it was growing up around all of this water and light that must have influenced my choice of watercolor," said the artist, who has exhibited his work throughout the United States and Puerto Rico.

He is a member of The National Watercolor Society. For more information, visit jacksonvillewatercolorsociety.org.

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# Betty Griffin Center accepting submissions from St. Johns County students for contest

Betty Griffin Center is accepting submissions from St. Johns County students for the 2021 "A Day Without Violence Art & Poetry Contest" through April 15.

This project is open to all St. Johns County students in kindergarten through 12th grade, whether they attend public school, private school or are home-schooled.

"We received more than 1,000 entries last year, and hope to engage even more



students this year," said Betty Griffin Center CEO Joyce Mahr. "Through the contest, we're able to introduce many students to the importance of nonviolence – and create a calendar that keeps the issue top-of-mind among students and the general public throughout the year, since its distributed to every classroom in St. Johns County.

Prizes will be awarded to the winners, selected by a group of independent artists:

- 1st Place \$50
- 2nd Place \$25
- 11 honorable mentions will be presented \$10 each

A contest application is available on the Betty Griffin Center website at bettygriffincenter.org/day-without-violence-calendar-contest.

Applications and artwork/ poetry can be dropped off at the Ponte Vedra Beach Branch Library,101 Library Blvd.

To be eligible, artwork must be in color and able to be reproduced at 8 x 10 and



Images provided by Betty Griffin Center

Art work from last year's winners featured in calendar

suitable for framing (horizontal format only). All original 2D media is acceptable. The theme "A Day Without Violence" must be reflected in the art or words. An entry form must accompany each piece of art.

For more information, call BGC event coordinator Kenlie Kubart at (904) 808-8544, ext. 207, or email kenliek@bettygriffincenter.org.



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www.PonteVedraRecorder.com

# Panthers nip Sharks in rivalry game

Nease escapes with 47-45 win as former coach of both programs looks on

#### **By Jim Moyes**

Special to the Recorder

A standing-room-only crowd, with many present to honor a former legendary coach for both teams, witnessed another classic Nease-Ponte Vedra boy's thriller Jan. 17, with the visiting Panthers nipping the host Sharks 47-45.

It was the 25th meeting between the two rivals and the final score was as close as the series, as Nease High School now boasts of a 13-12 advantage over Ponte Vedra High. Bud Beech, who served as the head coach for a combined 34 years at both Nease and Ponte Vedra, has seen all of the 25 contests between the two local fives, but this was his first as a spectator.

Beech spent 23 years as the head coach at Nease before making the switch to Ponte Vedra at the opening of the new school year in 2008. Undoubtably, his most memorable pair of games as head mentor of Ponte Vedra in this exciting rivalry came during the 2011-12 season. Bud's son, Beau Beech, poured in a still-standing Ponte Vedra scoring record of 45 points to lead the Sharks to their first win in the series with Nease. Beau Beech, and then sophomore Jackson Johnson, combined to score 55 of the Sharks' 59 points in leading PVHS to their first ever district title under coach Beech's leadership.

Ponte Vedra had a seemingly comfortable 36-28 lead Jan. 17, one minute until the final quarter before Panthers coach Josh Bailen, who played his high school basketball at Nease under Beech, directed his Panthers into a full-court press.

The move paid immediate dividends for Nease, as the Panthers went on a 6-0 run to close the gap to 36-34. With Ponte Vedra on top 40-36, the Sharks had a golden opportunity to extend their lead with Luke Pirris at the free-throw line, but the Sharks were guilty of a lane violation that denied Pirris his free throws. Cameron Davis then knocked down a huge 3-pointer, his only



Photos by Eric Morris

Nease's Kevin Fifield (15) goes up for a shot against the defense of the Sharks' Jack Polian (22) and Luke Pirris.



PVHS' Nathan Bunkosky (25) goes after the ball during the game.

## Cole Bradley wins JAGA First Coast Amateur for 2nd time

# Former PVHS standout Davis Lee finishes 4th

Cole Bradley played his last 11 holes in 5 under to fashion a final-round 68 and claim his second Jacksonville Area Golf Association First Coast Amateur title in the last three years at The Conservatory at Hammock Beach Resort in Palm Coast.

The Purdue junior posted rounds of 74-70-68 (4-under 212), with his final score coming on a blowing, 50-degree day in North Florida after two days of warm weather.

Tying for second, a shot back, were University of North Florida sophomore Cody

Carroll of Middleburg and fall 2020 UNF commit Nicholas Gabrelcik of Trinity. Davis Lee, of Ponte Vedra Beach, finished tied for fourth. The former Ponte Vedra High School standout shot a 74-71-70 to finish 1-under 215.

Bradley, who won the 2018 title at Hidden Hills Country Club in Jacksonville in even cooler and more blustery conditions, came from two shots back on the last day.

Carroll, a co-leader after two rounds, shot 70-72-71 (3-under 213) for his three trips around the 7,046-yard Tom Watsondesigned Conservatory course.

The 17-year-old Gabrelcik carded 74-69-70 (3-under 213). He closed strong with a 33 on his final nine.

Carroll was cruising having made six birdies through the 14th hole and held a two-shot edge on Bradley before the tables turned. Wayward drives on 15 and 16 and a three putt on the 17th resulted in bogeys. One group ahead was the soon-to-be champion who played the last four holes in 1 under, topped off with a birdie on 18.

Bradley is the son of Purdue golf coach and former UNF assistant Rob Bradley.

In the Mid-Amateur division, Garrett Jones of Madison, Wisconsin, claimed the crown, defeating Chris Henderson of Jacksonville on the first hole of a sudden-death playoff. The pair finished regulation with 6-over par 222 totals.

Top finishers in the JAGA First Coast

Amateur receive World Amateur Golf Ranking points for the second year in a row.

This year's move to The Conservatory led to additional interest in the championship. The field was increased from 78 to 96 and was filled in 30 days. A waiting list grew to 36.

Players from 22 states, five countries and 29 colleges participated. The College of Charleston topped the field with 10 current or committed players in the field, followed by Ohio State with six and UNF and Tennessee with five.

The First Coast Amateur was sponsored and conducted by JAGA, which annually promotes Jacksonville's top-level amateur competitions and has since 1954.

## Rivalry

Continued from 35

points on the evening, to narrow the four-point PVHS lead down to one.

It was at this point in the contest when the game was decided. The Panthers' Kevin Fifield victimized the same Shark player twice by stealing the ball on two consecutive possessions, flipping a 40-39 PV lead into a 44-40 Nease advantage by scoring five points following the pair of steals.

A Pirris driving layup narrowed the gap to two with 1:44 showing on the clock. Forced to foul while the Panthers were putting the ball in a deep freeze, Kyle Baidas calmly hit both of his free throws to extend Nease's lead to 46-42. James Kohnke, hobbled by injuries and illness throughout the entire season, drilled a clutch 3-pointer with 0:15 remaining to give the Sharks renewed hope. Matt Guzie's free throw with 0:13 left made it 47-45 giving the Sharks one final hope.

However, the Panthers' defense smothered the Sharks by denying a decent final shot to hang on to the 47-45 victory. Ten Panthers figured in the scoring for the Panthers, none in double figures, as they extend their impressive record to 10-5. The Sharks, now 7-9 on the season, were led in scoring by freshman Nathan Bunkosky with 14 points, while juniors Jack Polian added 12 and Alex Madson 10.



Nease's Matt Guzie drives up the court during the Jan. 17 rivalry game against Ponte Vedra. The Panthers won, 47-45.



The Sharks' J.T. Kelly (14) goes up for a shot against Nease defenders.



Photos by Eric Morris

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# SHARKS BOYS SOCCER BEATS BOLLES ON SENIOR NIGHT



Photo provided by Jim Neddo

The Ponte Vedra High school boys soccer team continued its 2020 success with a 3-2 win over Bolles on Jan. 17. Chris Levielle, Nico Gosendi, and Jack McBrayer scored for the Sharks, who also recognized seniors Gosendi, Dylan Hess, David Morales, Jack McBrayer, Patrick Neddo, Owen Richmond, Matthew Sifontes, and Noel Voegeli during the game. PVHS, which fell 1-0 to host Mandarin on Tuesday night, will host district matches on Feb. 2 and Feb. 7.

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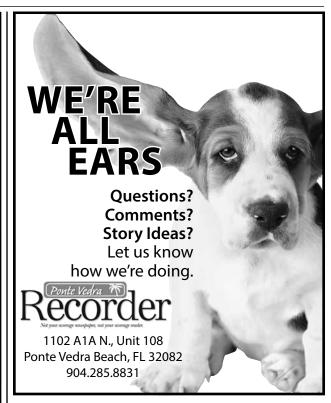
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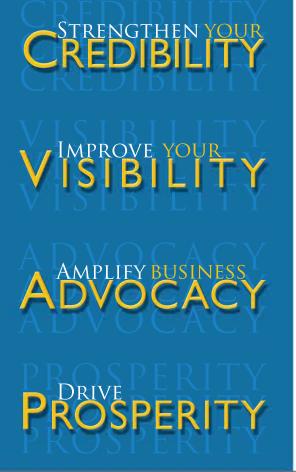


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