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PONTE VEDRA



Recorder

November 12, 2020
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75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com

SALUTE TO VETERANS



Mike Linnington, CEO of Wounded Warrior Project, speaks to guests the Chamber's Before Hours: Salute to Veterans event Nov. 3 at Sawgrass Marriott Golf Resort & Spa. For more, go to page 33.

Photo by Susan Griffin



INSIDE: CHECK IT OUT!
The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



Ponte Vedra Auto Show

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Faces of Healthcare

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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.

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Also, check out the **Ponte Vedra Recorder** channel on YouTube.

NOTES TO READERS

Don't miss an issue: In case social distancing requirements get more strict, we will email you your paper. Send your email address to don@opcfla.com.

Weekly newsletter: The Recorder offers a weekly newsletter every Monday that outlines some of the top stories of the week, as well as providing access to our E-Edition and Entertainment EXTRA! To get the newsletter emailed for free, email don@opcfla.com. We'll add you to the list.

What's This?: Because of the COVID-19 pandemic, The Recorder is suspending the "Do you know what this is?" contest until further notice.

ADOPT A PET

CAT OF THE WEEK

No need to look at any other cats, just mean just look at Sylvia! She is not only adorable but adoptable and ready to call your home hers. She is a 3-year-old female domestic medium-haired beauty. Her favorite thing to do is nap in the sun and get snuggles. She wants to give a new family lots of love and ankle rubs. #56296



DOG OF THE WEEK

King is a very loving 2-year-old male terrier who is neutered. He is very playful and sweet, good on a leash and

good with other dogs. Come see King today at the Pet Center. #55725

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.**

BRIEFS

St. Johns County CARES amends nonprofit assistance program to include veteran, military organizations

As serving our veteran and military communities is one of St. Johns County's highest priorities, the St. Johns County CARES Nonprofit Assistance Program now includes

assistance opportunities for eligible 501(c)19 and 501(c)23 nonprofit organizations. The program amendment applies to all such organizations that applied during Phase 1 and Phase 2 of the Nonprofit Assistance Program. Eligible 501(c)19 and 501(c)23 organizations that have not applied to receive a St. Johns County CARES grant are encouraged to so by the

BRIEFS continues on Page 3

PUZZLE SOLUTIONS

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

Solutions correspond to last week's puzzles.



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Briefs

Continued from 2

Nov. 20, deadline. For more information or to apply, go to www.sjcfll.us/sjccares, call (904) 209-6050 or email sjccares@sjcfll.us.

St. Augustine Art Association hosts virtual show for middle school students

The 2019-2020 school year marked the 10th anniversary of St. Johns County School District's partnership with the St. Augustine Art Association, but without public access to the gallery, the STAAA was not able to host a physical show.

As an alternative, STAAA hosted a virtual show on its website last spring and displayed the work of St. Johns

County middle school artists. This year's show saw 100% participation from the 13 schools and 18 teachers with middle school art programs in the county, and included more than 80 works featuring a variety of mediums and artistic expressions. To view some of the students' artwork, go to www.stjohns.k12.fl.us/arts/all-county-middle-school-art-show-2020.

Ketterlinus Gym closed through Nov. 15

The Ketterlinus Gym Community Center located at 60 Orange St. will be closed through Nov. 15 for routine pest control treatment. After-school programs scheduled for Nov. 12 and 13 will be hosted at the Solomon Calhoun Community Center, 1300 Duval St. For more information, call (904) 669-6612.

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COLLECTION



RIVERWOOD BY DEL WEBB \$499,750

Pool home with private screened lanai & serene preserve view. This desirable Vernon Hill model offers a custom tile inlay entrance, open floor plan, electric fireplace, formal dining area, & large kitchen with granite countertops, eat-in breakfast area, & double sliders to the lanai. The master bedroom includes a garden tub & walk-in shower. MLS 1066319

Sue Hollis | 904.616.2681
SueHollis@WatsonRealtyCorp.com



MEDITERRA \$629,900

Nestled among coastal oaks within walking distance to the beach, this second-story condo features a split bedroom floor plan with 3 beds & 2.5 baths. The terrific sun-drenched living area with high ceilings & gas fireplace opens to the kitchen & dining room. Enjoy the natural surroundings & ocean breeze from the first-floor patio or the lofty balcony! MLS 1056156

Missy DeKay | 904.613.2445



QUEEN'S HARBOUR YACHT & CC \$719,000

Classic southern home located in one of Jacksonville's premier gated communities. This newly painted 2-story home offers crown molding, wood floors, upgraded carpet, plantation shutters, renovated bathrooms, newer A/C, a covered front porch, & expansive screened lanai & pool. Kitchen features SS appliances, Silestone countertops, island, & breakfast bar. MLS 1080809

Elizabeth Brockelman | 904.451.0043
EBrockelman@WatsonRealtyCorp.com



PABLO SURFSIDE \$799,900

Beautiful 3-bedroom condo in the heart of South Jax Beach. Fresh off a significant building renovation, this top floor unit boasts sun drenched living areas & endless views to the north & east. Features an open floor plan, split bedrooms, oceanfront balcony, & deeded 2-car garage. Perfect for a primary residence or weekend retreat! MLS 1081032

Murray & Elise Beard | 904.465.2784
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St. Augustine police chief retires to take on role of code enforcement manager

St. Augustine Police Chief Barry Fox will take on the role of code enforcement manager as part of his transition plan for retirement as chief, which will be April 30, 2021, after 28 years of dedicated service to the city.

Assistant Chief of Police Anthony Cuthbert will run the day-to-day operations of the St. Augustine Police Department until a chief of police is selected by the city manager.

"I'm happy for Chief Fox on his well-deserved retirement. But even more, I could not be more pleased to have his continued service to the city in this position," City Manager John Regan said. "Chief's passion and dedication to our community's safety and well-being will certainly be a factor in bringing our code enforcement efforts to a new level."

The recent establishment of the Short-Term Rental (STR) registration program requires a code enforcement manager who supervises dedicated code enforcement officers and an administrative assistant.



Barry Fox

The manager will be responsible for coordinating responsive efforts of the STR code enforcement officer, as well as other code enforcement officers who oversee general municipal code violations and complaints.

Fox set several goals when he started his tenure as St. Augustine's chief of police including, but not limited to, agency accreditation, increased retention of the workforce and decreased crime rates. While serving as chief, the addition of body cameras and the Community Outreach/Quality of Life programs also came to fruition. In 2019, in collaboration with downtown business owners and city leadership, Fox championed the need for increased code enforcement and improved safety with the Quality of Nightlife Strategic Plan, to include ways of lessening the strain on law enforcement

officers when it came to code enforcement.

"With the growing volume of short-term rentals and the continued growth of the hospitality industry, there will be a need for more oversight, but not from a law enforcement standpoint," Fox said. "I am excited to continue to serve the City of St. Augustine and its residents in this new role."

With quality of life and livability being two of the tenets of the city's visioning plan, Fox believes he can better serve community stakeholders.

"I have built long-standing relationships with businesses city-wide, and I have always believed that the enforcement of municipal code is not the primary role of law enforcement, but we have had to work together to keep the community safe, prosperous, and orderly with the staffing and resources that we had," he said. "However, by creating this program, it will give us the chance to have a more direct, open line of communication, and a collaborative role with our stakeholders, as opposed

to an authoritative police presence when addressing municipal code complaints and violations."

Fox was appointed chief of police in 2016 following the retirement of then-Chief Loran Lueders.

Fox also praised the support of his wife and family in the past several years.

"My wife has been the pillar of our family, and my kids have been very patient," he said. "But it is time for me to step back from chief, be available for my daughter (age 15) and my son (age 8) and pass the torch to our next chief of police to continue our good work."

Per the city charter, a list of eligible candidates from current staff will be provided to the city manager by the Civil Service Board from which he may select a chief. If no qualifying applicant is selected, the Civil Service Board can then provide a list of candidates from outside the organization. Additional details of the selection process for chief of police can be found on the city's website at www.CityStAug.com.

Homeless vets honored with new recreation room at Clara White Mission

Homeless veterans in reemployment programs at the Jacksonville Clara White Mission were recently honored with the first recreation room at the facility.

Donors rallied from the three surrounding counties to furnish the room with a foosball table, indoor basketball, magnetic dart board, board games, masks, furniture, military service wall hangings, supplies and services of a professional painter.

Located in the highly populated veteran city of Jacksonville, the Clara White Mission Veteran Program was designated by the We Can Be Heroes Foundation for delivery of food and goods. The male veterans dormitory and the female veterans Boulevard House provide a welcoming place for veterans in need to live while working toward independent living.

Clay County, Duval County and St. Johns County donors included Community Presbyterian Church of Atlantic Beach, American Legion Auxiliary 233 of Ponte Vedra, Women's Tuesday Mah Jongg Group of Fleming Island and anonymous veterans and volunteers with the We Can Be Heroes Foundation.



Photos provided by We Can Be Heroes Foundation

Donors from Clay, Duval and St. Johns counties, along with the We Can Be Heroes Foundation, helped provide a new recreation room for homeless veterans at the Clara White Mission House.

Virtual veterans exhibit launched by SJC clerk of Circuit Court and Comptroller's office

St. Johns County Clerk of the Circuit Court and Comptroller Brandon J. Patty recently announced an exhibit highlighting local veterans via their recorded discharge certificates.

The clerk's office began recording discharge papers, which later became DD-214s, during the fall of 1919, one year after World War I ended. Dr. Susan Parker, clerk historian, was able to locate records within the clerk's records warehouse to create the virtual exhibit of discharge certificates from residents of St. Johns County.

"Creating this exhibit was a wonderful learning experience for me," Parker said. "The armed forces discharge documents comprise just one of the historic collections conserved at the clerk's office."

The exhibit highlights the various roles of just a few of the hundreds of veterans in war and peace from the days of the Spanish-American War through World War II.

"I thank Dr. Parker for building this great exhibit and telling some of our local veterans' stories," Patty said. "It's fascinating to look back and see how our neighbors and those who came before us served our great country."

"From 1919 to present day, we gladly record discharge papers, now DD-214s, for free. Having us record the papers is an easy way to ensure their safe-keeping and availability if ever lost."

To access the local veterans exhibit, go to stjohnsclerk.com/local-veterans-exhibit.

Local Rotary clubs donate PPE masks to area schools

The Rotary Clubs of Bartram Trail, St. Johns, Ponte Vedra in Nocatee, St. Augustine Sunrise and St. Augustine Beach joined to donate 2,700 PPE COVID-19 face masks to 25 local schools in order to help teachers and staff.

Earlier this fall, Rotary District 6970 Area Gov. Jack Murray learned local teachers would need assistance with PPE supplies. Murray believed local Rotary Clubs could do something to help teachers and staff.

“I started with my wife’s club, Ponte Vedra in Nocatee,” Murray said. “MaryBeth is the club’s president-elect and I asked if her club would like to partner with our club to help. It took off from there. Many Rotarians have family members who are teachers, so they were ready and willing to help when asked.” A call was made to St. Johns County Superintendent of School Tim Forson for the school district’s approval and support. With a few more quick calls to other Rotary clubs in the county, Mur-



Photos provided by Jack Murray

Palm Valley Academy and Ponte Vedra High School were among the 25 schools to receive PPE supplies with the help of several local Rotary clubs.

ray soon had five Rotary clubs wanting to help with this project.

“We then took the project and submitted it to the district for foundation matching

funds,” Murray said. “The District Foundation team, led by Past D-6970 Gov. Jeanette Loftus, reviewed it and shortly thereafter approved our project. We were able to start

small with what looked like maybe a few hundred masks to a school or two and turn it into 2,700 PPE masks to help 25 local schools throughout St. Johns County.”



ROTARY CLUB OF PVB SUNSET HELPS STOCK LOCAL PANTRIES

The Rotary Club of Ponte Vedra Beach Sunset held its drive-by Stock the Pantries event Saturday, Nov. 7, in the parking lot at the Ponte Vedra United Methodist Church. The Rotary Club thanked members of the St. Johns County Sheriff’s Office department who came out to show support for the event, including Northeast District Cmdr. Scott Beaver, Sgt. Steve Gazdick and Cpl. Mark Wilson, as well as the Nease High School Interact Club. The group effort supported eight area food pantries. The next event is Saturday, Dec. 5.

Photo provided by Janeene Hart

Navy to Navy Homes donates more than \$1M to local heroes

For nearly seven years, Mario Gonzalez, the founder and broker of Navy to Navy Homes, has dedicated his company to supporting local Jacksonville heroes through his affiliation with the Homes for Heroes program. The purpose of Homes for Heroes is to help make homeownership affordable to all local heroes. To date, Gonzalez and his associates have achieved the goal as top performers in the program nationwide.

The Navy to Navy team has donated more than \$1 million in total directly to local heroes including veterans, military families, first responders, teachers, frontline health care workers and any essential workers who have served during the COVID-19 pandemic.

During Navy to Navy Homes’ history with Homes for Heroes, the real estate firm has given back to more than 900 recipients. Gonzalez and his team continue to fulfill their milestone mission to get local heroes affordable housing, while providing support through the real estate process with beneficial transactions for buyers and sellers.



Photo provided by Mario Gonzalez, Navy to Navy Homes
Mario Gonzalez is founder and broker of Navy to Navy Homes.

“We want to assist those who have served our country and local communities with a place they can call home,” Gonzalez said. “Often, with family separations in these

helping professions, there is distance, time, logistics, and budget challenges involved when facilitating the housing process, plus a myriad of additional circumstances that most people don’t have to experience.”

For example, by connecting with heroes, local real estate specialists such as Gonzalez, who buy, sell or refinance a home for specific customer groups can provide more savings through the Homes for Heroes Circle of Giving program. With a donation of earnings and commissions to the Homes for Heroes Foundation, Circle of Giving affiliates can strengthen American communities by putting more money into the hands of customers which benefits their lives and businesses.

According to Abby Waltz, national director of Homes for Heroes, on average, heroes can save thousands of dollars when they buy or sell a home with a Homes for Heroes affiliate including Navy to Navy Homes. There are

Bonnie Hayflick serves as a professional in public relations, media relations, news copy, events, TV and radio and working with social media teams. She is a spokesperson for business, nonprofits and specialized industries.

As told to Holly Tishfield

Can you please briefly tell us about your background?

My years of living in beautiful areas around the U.S. while growing up in Ohio, New York, California, New Jersey and Florida has sparked my interests and curiosity about people and surroundings. A student of life with an intense love of people and animals, nature. I've been a Rotary member since the 1980s in Tampa Bay, Jacksonville and St. Augustine and subscribe to the service organization's motto, Service Above Self.

What do you enjoy most about your role?

Working with all types of people. As a professional publicist since the 1970s, I join together clients and news contacts for story consideration throughout the U.S. and Canada. I love to hear people's stories and share positivity. Showing kindness, care, love and understanding is key to work. Specifically in our region, working with St. Johns County Chamber of Commerce and sharing the organization's goals, values and mission along with meeting and working with great members and staff. My tourism, hospitality, environmental, construction, real estate and healthcare clients along with nonprofits are important to me, especially helping the underserved in Northeast Florida, and beyond.

What are some of the challenges that your industry/company is facing?

Since the beginning of my career, educating people about the importance of their stories to help others in professional and personal development. The words we choose and ability to communicate effectively in an intelligent manner helps us succeed in our day-to-day life, in the workplace and at home. I strive to build up and edify, not operate in the negative, and to always show compassion and empathy.

What are your primary roles and responsibilities?

Listening is number one. Then, taking information and helping to create cohesive, succinct messaging in writing while sharing stories with news contacts in small towns to big cities.

What do you enjoy most about living in Ponte Vedra area?

As a downtown St. Augustine resident in the historic district, I spend a lot of time enjoying the beautiful City and tending to my nearly 100-year-old home and garden. Very active in civic and social causes here. Love the water, nature, artistry, wellness and music all around the area.

Bonnie Hayflick



Photo by Holly Tishfield

What do you like to do in your free time?

Very dedicated to the care and well-being of my 93-year-old mom, she's a rock star! Follow her personal philosophy that love, caring and compassion

conquers all. Volunteer as a member of Rotary Club of St. Augustine, serve as an active board member for St. Augustine Humane Society and Art with a Heart in Healthcare. Enjoy providing

these organizations with pro bono writing, editing and proofreading, and public relations services. I deeply love my family, friends, St. Augustine. To be inspired intellectually and spiritually is key.

The Recorder's garden columnist Kathy Esfahani, of Kathy's Creative Gardens & Nursery, shares her tips for growing gorgeous gardens in Northeast Florida.

KATHY'S GARDENING GUIDE

"Your mind is a garden, your thoughts are the seeds, you can grow flowers, or you can grow weeds!"



Kathy Esfahani
Columnist

FALL AND WINTER FLOWERS

Who else is excited that the weather is getting cooler and a few trees are changing color?

Fall and winter can be a range of weather in Northeast Florida, but there are many plants that do well in these conditions.

Even with a hot day sprinkled in with a freeze, there are some hardier plants and flowers we can plant during this time with a higher chance of survival until spring comes around. With the frequent rain, fungus is also very common this time of year.

Use Daconil fungicide or an organic spray to help keep plants and flowers healthy.

Popular fall/winter flowers in our zone: dusty miller, dianthus, petunias, supertunias, snapdragons, pansy, crotons, blue daze, sedum, gold mound, pentas, mums, geraniums and violas.

Stop by the nursery this week to grab your fall and winter flowers!

Email Kathy at kathys.creative.gardens@gmail.com for any questions or gardening tips you would like to see in the future.

Kathy's Creative Gardens & Nursery is located at 196 N. Roscoe Blvd. in Ponte Vedra Beach. (904) 655-7373



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Panoramic Ocean-to-Guana Views

A masterpiece of design and craftsmanship, this custom beach home was thoughtfully designed by Nesting Place Interiors & Heritage Homes and offers a neutral coastal palette with panoramic views of the Ocean & the Guana.

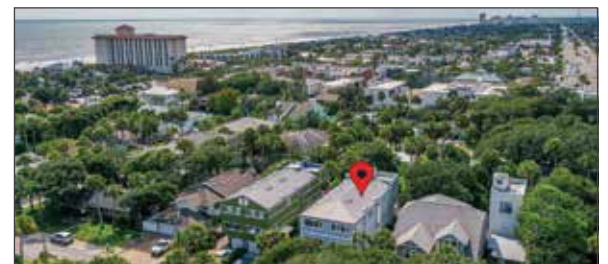
4 bedrooms, 3F/2H bathrooms \$3,600,000



Pristine Waterfront

Immaculately maintained home located on a cul de sac on the largest lake in Marsh Landing features a spacious floor plan, first floor master, and expansive 180-degree water views showcased throughout.

4 bedrooms, 4.5 bathrooms \$1,150,000



Atlantic Beach Retreat

Ideally located in Atlantic Beach, this 3-story townhome is only two blocks away from the ocean as well as the Beaches Town Center. Enjoy the home's rooftop deck or the easily maintained backyard oasis complete with a 6-ft privacy fence, covered patio, and relaxing hot tub.

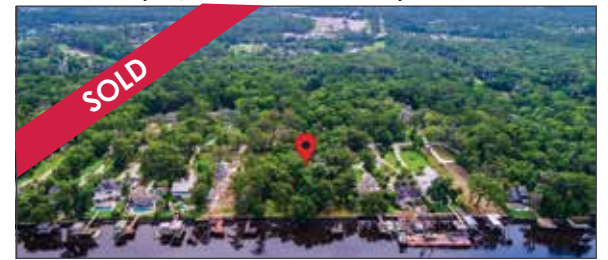
3 bedrooms, 2F/2H bathrooms \$835,000



Spectacular Views in Sawgrass Island

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

4 bedrooms, 5.5 bathrooms \$1,450,000



Intracoastal Waterfront Lot

Build the waterfront home of your dreams on this large lot located on Intracoastal Waterway- 3 parcels being sold as one property with a total of 225' of water frontage. Ideally located in the St. Johns County A-rated school district and offers easy access to JTB, TPC, and the beach.

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Episcopal breaks ground on beach volleyball center

Episcopal School of Jacksonville celebrated the ground-breaking of a new six-court beach volleyball complex on Tuesday, Nov. 3, at the Knight Sports campus.

Shovels were put in the ground and The Rev. Adam Greene, head of the Episcopal School of Jacksonville, and Andy Kidd, director of athletics, thanked donors Stephanie and Mark Chesser and Matt and Shannon Connell of Conser Moving and Storage for providing the lead gift for the project. The facility will be named Conser Beach Volleyball Center.

“We feel very blessed to be able to do this,” said Mark Chesser. “All of us are blessed to have the opportunity to be at Episcopal, and we are grateful to the administration for supporting beach volleyball.”

Kidd praised the committee, which formed over the summer, with the vision for beach volleyball and new center.

“In a time of unprecedented challenges brought by the pandemic, it’s an amazing feat that a conversation we started in the summer has resulted in adding a new sport and this new facility in time to open for play in January, and it would not be possible without the work of the committee and the support of all of the donors,” he said.

Mark and Tyra Tutor named one of the six courts in honor of their daughters Thea (class of 2018) and Zoe (class of 2022). Parents Dwight and Christine Cooper asked their daughter Jordan (class of 2021) to identify two Episcopal employees to recognize who have made a positive impact



Photo provided by Episcopal School of Jacksonville

Members of the Episcopal School of Jacksonville’s girls volleyball team hold up a banner as Rev. Adam Greene (from left), Stephanie Chesser, Caelan Chesser, Andy Kidd and Mark Chesser break ground on the Conser Beach Volleyball Center at the school.

on the ESJ community. Tonya Carter, Episcopal’s school nurse, and Deborah Harvey, Episcopal’s security guard, were both present as Greene announced the courts named for them.

The site for Conser Beach Volleyball Center is opposite the Knight Field House. The courts will be open for the spring season and the team will have its first game Feb. 22, 2021.

OPE is ‘off to the races’ with fundraising run

The last week of October marked Ocean Palms Elementary School’s annual Otter Run.

In previous years, classes from each grade raced against one another, but this year, the run was conducted one class at a time, where a trail of obstacles, exercises and fun awaited the students. And even with social distancing, the event brought the school community together to raise more than \$50,000 — surpassing this year’s goal by more than \$10,000.

School-wide incentives were created so students could work collectively to reach certain fundraising milestones. Each goal was met, so the principal got to cut the assistant principal’s favorite tie off, there were silly-string and pie-the-administration-in-the-face days, and, finally, both the principal and assistant principal had to dress as clowns for a day.

The funds raised as part of the school’s Otter Run will be used to help maintain a sustainable learning environment for students through the purchase of technology, the support of teachers and the funding of other school needs — a race in which everyone is a winner.



Students got ‘silly’ as they silly stringed administration — another fundraising reward.



Principal Tiffany Cantwell and assistant principal Brian Morgan were pied in the face because OPE students reached school-wide Otter Run goals.



Students race off during Ocean Palms Elementary School’s annual Otter Run, clad in class-themed costumes, to raise money for their school.

Photos provided by Ocean Palms Elementary

HUGS kicks off 6th annual No Hungry Holidays for 1,200 St. Johns County kids

HUGS Across the County is kicking off its sixth annual No Hungry Holidays program. This community volunteer effort provides roughly 10 days of breakfast and lunch items to 1,200-plus St. Johns County kids over the long winter break.

This annual program helps prevent food insecurity during a time when children will not have access to the free and reduced school-based meals. Children are referred by their school counselors from nearly every school in St. Johns County, including Ponte Vedra, Julington Creek, St. Augustine, Hastings, Nocatee and World Golf Village.

Here are some ways community members can help with the effort:

- Sponsor a No Hungry Holidays food bag for a \$20 donation at www.stjohnshugs.org/give. Donations will help purchase cereal, crackers, peanut butter, fruit cups, granola bars and hearty nonperishable lunch items.

- Organize a food drive and packing event among neighbors, book groups, sports teams, church groups or any other group. Email info@stjohnshugs.org for a list of items.

- Sponsor an entire school (7-50 bags) through your office, neighborhood or church! Email info@stjohnshugs.org for a list of schools and number of students needing bags.

The nonprofit provides clothing, shoes, toiletries, school supplies and food to St. Johns County kids who are referred by school counselors and social workers.

LANDSCAPES, WEAVING PART OF ART CURRICULUM AT JACKSONVILLE COUNTRY DAY SCHOOL



Photo provided by Jacksonville Country Day School

Jacksonville Country Day School third-grader Kallan Goodfriend works on his landscapes and weaving project as part of the art curriculum at the school. To combine the two projects, Alli Flores, the school's art specialist, had the students create a tree-weaving project. This project required focus, persistence and patience.



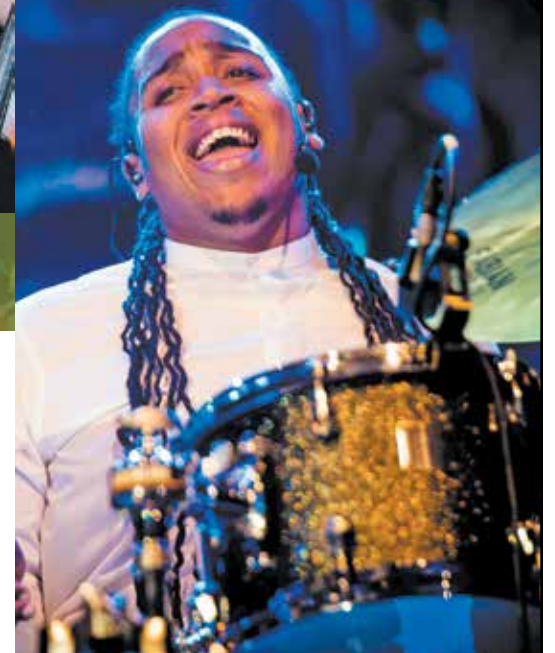
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For more information go to DA-arts.org.
2445 San Diego Rd., Jacksonville, FL
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Chabad at the Beaches to explore Biblical secrets

Chabad at the Beaches will be offering a new six-session course from the Rohr Jewish Learning Institute, titled "Secrets of the Bible: Iconic Stories, Mystical Meanings, and their Lessons for Life,"

"People tend to read biblical stories as they do primitive mythology," said Rabbi Nochum Kurinsky of Chabad at the Beaches, the local JLI instructor. "Our course invites participants to look deeper and discover the underlying themes and relevant life lessons that these stories were designed to convey."

"Now that the pandemic is preventing so many individuals from attending regular in-person Torah classes, we are offering all members of our community an opportunity to experience a JLI course in person or from the comfort of their own living room."

All in-person students will be seated at a social distance and will be required to wear a mask or face shield.

The newest course, "Secrets of the Bible," presents an entirely fresh way of reading iconic biblical tales, discussing Adam and Eve with the Tree of Knowledge, Noah and the Great Flood, the feud between Jacob and Esau, Joseph and his multicolored coat, the Golden Calf and Korah's rebellion. With each of these stories, "Secrets of the Bible" seeks to answer the following questions: What is the deeper message behind the story? How does it shape the Jewish worldview? What practical wisdom does it offer us today?

Like all JLI programs, the course is designed to appeal to people at all levels of knowledge, including those without any prior experience or background in Jewish learn-

ing. The course is open to the public, and attendees need not be affiliated with a particular synagogue or temple.

According to Rabbi Efraim Mintz, the New York-based executive director of JLI, "During these difficult times, now more than ever, the teachings of the Torah and Chasidism are a lifeline for so many, helping them cope with the practical and emotional turmoil caused by the pandemic. We hope that people the world over take advantage of this opportunity to experience authentic, rigorous Torah study without the need to leave their homes."

Interested students can call (904) 543-9301 or go to www.myJLI.com for registration and for other course-related information. JLI courses are presented in Ponte Vedra and the Jacksonville Beaches in conjunction with Chabad at the Beaches.

OBITUARIES

William "Bill" Joe Wilson

William "Bill" Joe Wilson, 80, of Jacksonville Beach, Florida passed away on October 16, 2020 after a courageous battle with Parkinson's disease. Bill is survived by his loving wife of 33 years, Marilyn, his son Chad (Bern) and their 3 children Charles, Emily and Kevin, son Bryan (Carla) and daughter Kerry Prehn (Frank), their mother Pat Kennedy; brother Jack "Buddy" (Ann), sister Bettie Leah DeRoullac, and the many nephews and nieces, related or not, who called him "Uncle Bill."

Bill was born and raised in rural south Texas. He was preceded in death by his parents, Isaiah Wilson and Ruth Urban Wilson; and brother Robert "Bobby." Both mother and brother passed from PD related illness.

Bill served in the Armed Services, then went on to earn Math degrees at Pan American University, Texas A&I and a PhD in Statistics from Texas A&M. He briefly held faculty positions at Texas A&M and Louisiana State at Lafayette before starting his 30 year career at the University of North Florida where he received numerous awards as an Outstanding Teacher, and a prestigious Distinguished Professor Award based on his accomplishments in the areas of teaching, research and publication and professional service. He also co-authored textbooks and initiated a program to aid others with statistical problems and, for a time before his retirement, served as an Associate Vice-President in Academic Affairs.

He retired in 2005 and in Spring of 2006, after months of testing, he was diagnosed with Parkinson's disease. His



William "Bill" Joe Wilson

Marilyn, however, now he added Parkinson's. He became active in the Parkinson's Foundation's Advocacy in Research program to recruit candidates for clinical trials. He attended local Parkinson Support Groups and saw the need to disseminate information which led to his creation of the First Coast Parkinson's disease Newsletter, then a webpage which listed local support groups, exercise programs, events, and other articles. Bill also arranged a successful roundtable seminar involving 10 health providers (neurologists and therapists) and 100 participants. The Davis Phinney Foundation recognized Bill as a "local hero" in 2014. He continued his active fight against Parkinson's through attending Parkinson's Runs and in particular, participation in Rock Steady Boxing for persons with Parkinson's.

Bill once wrote: "Parkinson's is a relentless fighter who never slows down. It is hard to keep from allowing it to guide your life. But it can be done. Resist the temptation to stay in bed, resist the temptation to avoid exercise class because it is raining, and resist all the other things that Parkinson's throws at you."

Bill wanted to do what he could to find a cure. He donated his brain to Mayo Clinic for research. Bill also had plans

to create a local Parkinson's Center for people with PD and their caregivers to offer resources to increase the quality of life for those with the disease and opportunities for patients to participate in research.

A Celebration of Bill's life and a fundraiser will be held later next year to fulfill Bill's dream of having a local Parkinson's Center. Please visit the online Tribute at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



Family Funeral Home & Cremation Centre
3600 Third Street South, Jacksonville Beach, FL 32250
Phone: 904.249.1100 Fax: 904.241.7354

Jane Baste

Jane Baste, 90, of Jacksonville, Florida, died Oct. 31, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Richard William Michael Bazilewich

Richard William Michael Bazilewich, 84, of Jacksonville, Florida, died Nov. 8, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre (904) 249-1100 www.quinn-shalz.com

Eunice L. Bovitz

Eunice L. Bovitz, 87, of Ponte Vedra Beach, Florida, died November 5, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Linda Cruz

Linda Cruz, 79, of Ponte Vedra, Florida, died Nov. 1, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cem-

etry – (904) 285-1130 – www.pontevedravalley.com

Donald Lee Goetz

Donald Lee Goetz, 84, of St. Augustine, Florida, died Nov. 5, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Mary Pilcher Hutchins

Mary Pilcher Hutchins, 77, of Jacksonville, Florida, died Oct. 30, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Henry King

Henry King, 91, of Ponte Vedra, Florida, died Nov. 1, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Frine Sengstacke

Frine Sengstacke, 49, of Jacksonville Beach, Florida, died Nov. 4, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Spencer Paul Wooten III

Spencer Paul Wooten III, 65, of Jacksonville, Florida, died Nov. 5, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Ronnie David Worley

Ronnie David Worley, 61, of Ponte Vedra, Florida, died Oct. 30, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com



Abby Waltz

Homes

Continued from 5

also benefits with mortgages, titles, inspections and lenders affiliated with the service.

"When you work with our real estate specialists to buy a home, you

can save a percentage of the home purchase price. Then, we send the homeowner a check to use for the new home," Waltz said. "There are many benefits to buyers and sellers. Mario and his professional staff have worked with us quite successfully in this manner. Plus, they uphold our key values with caring, positivity, driven

by the cause, doing the right thing and working together as a team."

Waltz added that Gonzalez has gone above and beyond the affiliation with helping those in need through improvements to homes owned by local heroes who are in physical and financial need.

Navy to Navy Homes and Homes

for Heroes donates approximately 25% of the home sale as a thank you for the hero's service to the community. For more information, contact Mario Gonzalez at (904) 900-4766 or email mario@navytonavy.com. Navy to Navy homes is located at 10605 Theresa Drive, Suite #5, in Jacksonville.

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ROTARY OF PVB HOLDS VIRTUAL TALK WITH ROTARIAN LEADER IN FIGHT TO END POLIO



Photo provided by Karen Everett

Members of the Rotary Club of Ponte Vedra gather Oct. 8, at Treylor Park restaurant in Nocatee for a virtual talk with keynote speaker Ann Lee Hussey from her home in Maine. Oct. 24 was World Polio Day, and Hussey is a polio survivor and a Rotarian leader in the fight against polio.

Commitment, passion lift local Bike MS team to record

This year's traditional Bike MS: PGA TOUR Cycle to the Shore was canceled due to the COVID-19 pandemic, but that didn't stop Florida's top fundraising bicycle team from getting together locally and celebrating a soon-to-be-record effort.

Formed in 2010 and made up of 38 Jacksonville Beach, Ponte Vedra Beach, Gainesville, Tallahassee, Orlando and Palm Beach area riders, Big Bananas gathered recently in Nocatee to simulate an event that usually takes them to Daytona Beach and back with more than 1,000 Bike MS riders.

The scaled down one-day ride failed to impact the team's commitment and

fundraising passion. They have already collected more than \$150,000, on the way to a record \$156,000. That total would give Big Bananas the distinction of being the MS Society's No. 1 team in the country for 2020.

In 11 years, the team has raised more than \$1.2 million and in 2019 was awarded the MS Society's Circle of Distinction Award.

Next year's Bike MS is scheduled for Oct. 23-24. The Big Bananas' next fundraising project will be its annual free gift wrapping in December outside of Hallmark and Five Below in Jacksonville Beach.



Photos provided by Bruce Reid

ABOVE: The Big Bananas bicycling team continues to rise money for the MS Society with a recent scaled-down event in Nocatee.

LEFT: Competitor Luke takes a break during the fundraising bike ride in Nocatee.

BELOW: Elise Beard is part of the Big Bananas team that competed in the Bike MS event.



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PONTE VEDRA AUTO SHOW

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OFFICIAL PROGRAM GUIDE

Sunday, Nov. 15
9 a.m.-3 p.m.
Nocatee Event Field
(Free and open to the public)

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Douglas Greer —1950 Plymouth Special Deluxe**



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Welcome to the 2020 Ponte Vedra Auto Show

The 2020 Ponte Vedra Auto Show will be presented by Art 'n Motion, in association with the St. Johns County Chamber of Commerce and the St. Johns County Tourism Development Council, from 9 a.m.-3 p.m. Sunday, Nov. 15 at the Nocatee Event Field.

The Auto Show, which is open and free to

spectators, will feature up to 200 classic and new collector cars all vying for the show's numerous awards.

Some of the categories presented this year will be The Best of Autobahn, the 50th Anniversary of the Z Car, the Best of Britain and the Fins of the '50s.



SCHEDULE OF EVENTS

SATURDAY, NOV. 14

4-8 p.m.: Optional show car drop off and check in

SUNDAY, NOV. 15

7 a.m.-8:45 a.m.: Check in for pre-registered cars and non-judged day-of entries

9 a.m.-3 p.m.: Show open to the public

9 a.m.: Judging begins and show field open to the public

1 p.m.: Award ceremony begins on show field

3 p.m.: "Best in Show" trophy presentation at show field stage

TROPHIES AND SPONSORS

Best in Show Classic in Honor of Larry Weisman

Sponsor: In honor of Larry Weisman (larger trophy)

Best American Classic

Sponsor: Art 'n Motion

Best Classic European

Sponsor: St. Johns County Chamber of Commerce

Best Pre-war Vintage

Sponsor: St. Johns County Tourist Development Council

"Pursuit of Perfection" (Best Restored Car)

Sponsor: WheelHouse

Most Original "Survivor"

Sponsor: VyStar

Classic Porsche

Sponsor: House of Assembly Events

Best Modern Porsche

Sponsor: J-Tech

Most Outstanding Muscle Car (1964-1974)

Sponsor: Ponte Vedra Recorder

Best Contemporary Muscle Car

Sponsor: All Florida Safety Institute

Most Outstanding Corvette

Sponsor: Dick's Wings and Grill

Contemporary Corvette (c4-c8 generations)

Sponsor: Florida Blue

Best of Britain

Sponsor: Sight and Sound Productions

Euro Excellence Award

Sponsor: Euro Spec

Best Resto Mod

Sponsor: TacoLu

Spirit of Racing

Sponsor: AFP Clearshield and Tint

Best of Autobahn (German car)

Sponsor: About Time Creamery

Best Preserved Interior (original interior)

Sponsor: Flagler Health Village at Nocatee

Asia Excellence Award

Sponsor: Sensible Recycling

Best Classic Hot Rod

Sponsor: Bug Out

Hagerty "People's Choice Award"

Sponsor: Hagerty

Best Exotic

Sponsor: Ferran Automotive

Best Off-Road

Sponsor: Happy Trails 4x4

Z Car 50th Anniversary Award

Sponsor: Nissan of St. Augustine

Fins of the 50s

Sponsor: Berry and Co. Real Estate

Best Custom Paint Job

Sponsor: Rad Ringos's Mini Donuts

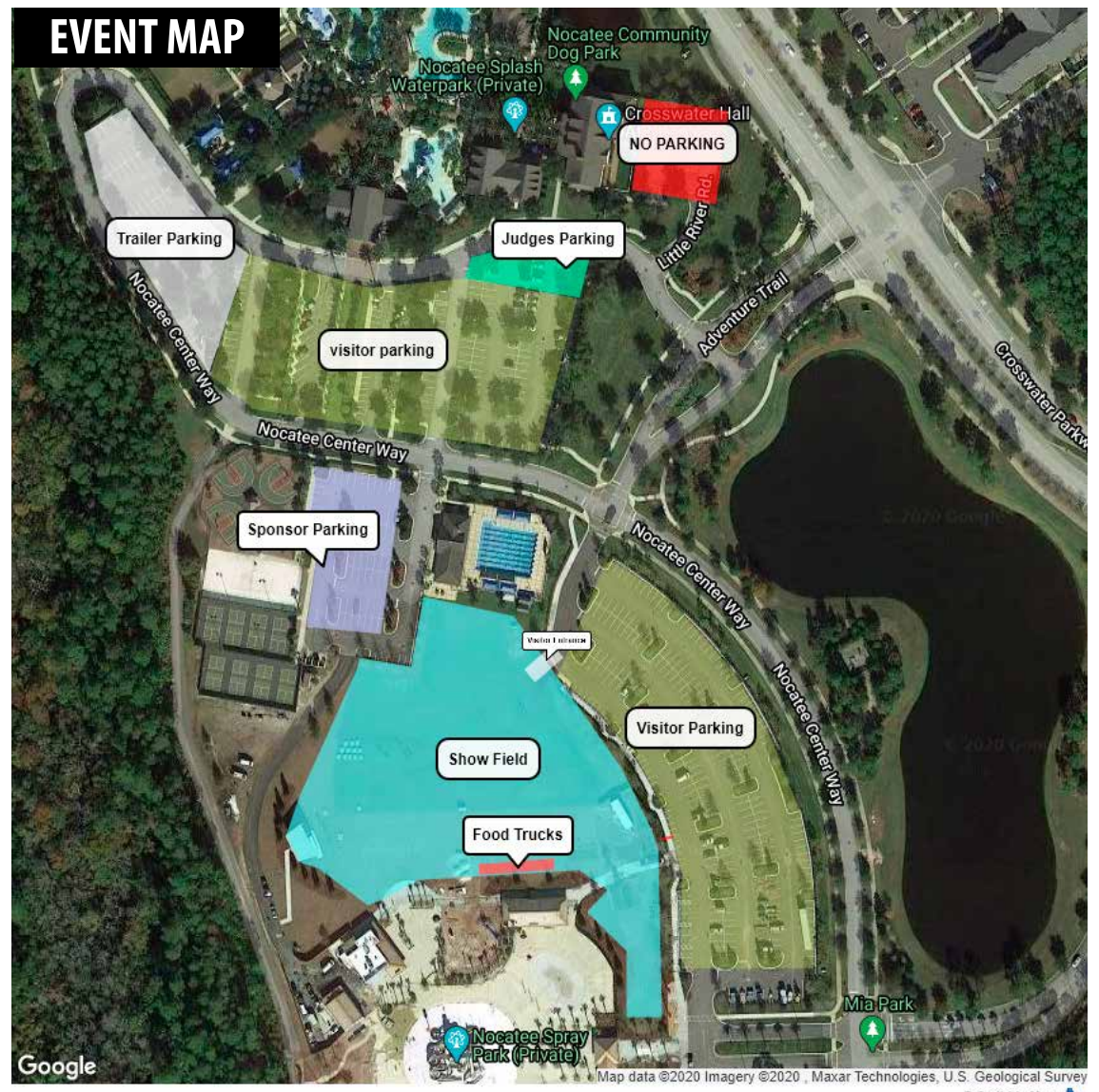
Best Classic Jaguar

Sponsor: The Detailing Pros

Best Custom Interior

Sponsor: Jacksonville Magazine

EVENT MAP



2020 AUTO SHOW JUDGES

JAKE WEISMAN (Head Judge)

Jake's passion for cars started at birth and has progressed into a full-time career. Through his work as a regional territory manager for Hagerty Classic Cars, Jake works closely with other automotive enthusiasts to help protect and properly value their vehicles, all while promoting the cultural value of collecting. Hagerty protects more than a million vehicles, 12,000 boats and 30,000 motorcycles worth a total of \$30 billion. As a company, Hagerty attends more than 2,000 classic car events each year, with Jake managing events in the South Florida Region. A Ponte Vedra native, Jake has been attending the Ponte Vedra Auto Show for more than 15 years.

DANIEL SCANLAN

Dan Scanlan is a 30-plus-year resident of Jacksonville and a veteran journalist who has intensely covered every Amelia Island Concours d'Elegance for the Florida Times-Union and reviewed new cars for almost 30 years. The owner of a 32-year-old Alfa Romeo sedan,

he's written about, and driven, many classic cars over the years from an 1886 Benzwagen replica to a continuation 427 AC Cobra, and everything in between. He has been a judge for many area car shows, including many years with the Ponte Vedra Auto Show.

CHRIS BREWER

Chris Brewer serves as the director of communications for The Amelia Island Concours d'Elegance, a world-renowned automotive event and two-time winner of the International Historic Motoring Event of the Year award. He's a regular contributor to numerous automotive magazines and founder of Jacksonville Car Culture, an automotive lifestyle brand that runs Jacksonville's Cars & Coffee. Chris has a passion for Datsun Z cars and loves to spend his free time working on cars, boats and watches. Chris also has an extensive background in theological education and a doctorate degree from The Institute for Worship Studies.

Judges

Continued from 14

HANS-DIETER MANDT

Hans-Dieter Mandt was an inaugural volunteer with The Amelia Island Concours d'Elegance and is currently a board of directors member. He's a Porsche Club of America Florida Crown Region board of directors member. He has judged various concours and auto shows through the southeastern United States. He's owned various Porsches through the years and has owned significant classic Mercedes Benzes. He crewed for various Porsche racing teams, including the 2.5-litre 911, RSR 934 and turbocharged 935 models. He has been a former entrant and is a current judge for the Ponte Vedra car show the past eight years.

MARK STEIGER

"I have been a gear-head since my early teens," said Mark Steiger. "The first race I went to was in 1962 when I saw Big Daddy Don Garlits race at Masters Field in Miami, and I first went to Sebring in 1964. My first car was a 1958 VW that I got in 1966, and since then I have had over 200 cars, most of them European and most of them British. I have judged the PV show in the past and have been involved with The Amelia since it started. I currently have a 1983 Porsche 944, one owner, a 1997 BMW Z3 and a 2017 Macan S."

MIKE FERRAN

Mike Ferran has been repairing, modifying and restoring vehicles professionally for 44 years. He is an advanced-level Master Technician and has owned Ferran Automotive since

1990. On any given day he can service a 1959 Eldorado, a 2018 Bentley or a loyal customer's daily driver. Although he currently owns a Ferrari Challenge Stradale, a Holman-Moody assembled Superformance GT40 MK2B and a Ferrari Scuderia. He says he loves all types of vehicles.

STEVEN GIAMBRA

It all started for Steven Giambra when he bought his first car in high school, a 1956 Corvette. Fifty years later, after a long search, he was able to relive the dream by purchasing another 'Vette like the one he had in high school. He collects American, American muscle and British sports cars and has been a judge for the past five years.

AJ TASKER

AJ Tasker is an attorney-at-law specializing in criminal DUI. He owns a 5.0 Mustang, the 11th Mustang that he has owned. He is a member of the First Coast Modified Mustang Club and has been judging with the Ponte Vedra Auto Show for over 5 years.

DICK MESSER

For 12 years, until June 2010, Dick Messer was executive director at the Petersen Automotive Museum. Located in Los Angeles, California, the museum is one of the world's largest and most prestigious automotive museums. Messer, a life-long car collector who is well-connected in the collector car community, was the first to hold the museum director post.

KEN PERRY

Ken Perry holds an MBA from Jacksonville University. He is employed as an IT project

manager and is a member of the Porsche Club. He has been the head judge for the Festivals of Speed and a former silent auction and retail sales chair for The Amelia Island Concours. A self-described car nut, he says that, from the age of five, awesome cars got his attention. His current collection includes two Land Rovers, a Porsche and an Audi. He is grateful that his wife is also into the hobby and says it makes for a much happier life!

JIMMY BRITTS

Supporting the Navy at NAS JAX is what Jimmy Britts does when he is not "playing with cars." He is a past ARCA racecar driver, chassis builder and painter. He is the main racecar mover at The Amelia Island Concours, and he has been judging with the Ponte Vedra Auto Show for five years.

STEVE BOYLE

Steve Boyle participated in IMSA road racing series for eight years as crew chief and engine builder. He worked as a supplier of competition racing engines for NASCAR's Winston Cup and Busch Racing series, under contract to General Motors to develop the next generation competition racing engines. Also during this time period, he built and maintained numerous historic race cars. He is still very active in restoring automobiles, maintaining historic race cars and building engines in the Jacksonville area.

CASON VOGEL

Cason Vogel is the Hagerty territory manager for North and Central Florida, Southeast Georgia and the South Carolina low country. He is a true car enthusiast who has been fortunate enough to turn a passion into a career. Growing up in Florida, he traveled to

nearly every major car event with friends. He found that even though he didn't have a collector car himself, he could still be engaged with the community through photography. His camera has led him to many incredible opportunities like joining the official Amelia Island Concours d'Elegance photography team in 2018. When he is not driving his new Porsche Cayman S, he loves reading, going to the gym and spending time with his wife and corgi.

KAREN HAYNES

Karen Haynes is a Beaches native and has been a car enthusiast since childhood. By 16, she owned two collectible cars, a Fiat Spider convertible and a 1970 Corvette convertible. Growing up in Tampa and Jacksonville, she traveled the country regularly with her father, who collected old cars, trains (real and model) and tractors. Whether on a barn find mission for a 1950 Cadillac or to trade trains and railroad china, it was always priceless education and exciting expedition. Currently, she is a Realtor and enjoys working on houses and her 1955 Belvedere and Porsche Panamera. She is a member of Porsche Club of America, and this is her second year judging the Ponte Vedra Auto Show.

JONATHAN CHADWICK

Since he was young, Jonathan Chadwick has always been a car enthusiast and interested in anything that drives or flies. When he isn't managing his team of project analysts at Bank of America, he enjoys flying airplanes and tinkering on the cars in the garage in his spare time. As a Ponte Vedra Beach native, he has been attending the Ponte Vedra Auto Show since the beginning and looks forward to participating this year as a judge.





































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Auto show torch passes to 2nd generation

Following in the footsteps of his father, Jake Weisman to serve as head judge

By Shaun Ryan

For the second consecutive year, the Ponte Vedra Auto Show's Best in Show Classic trophy will be awarded in memory of Larry Weisman. It's a way to recognize the contributions of the annual event's longtime head judge, who passed away in 2019.

Last year's show also included a special display of some of Weisman's own autos.

But perhaps the greatest tribute to the event's onetime chairman is his son's taking over as head judge this year.

While attending The Amelia Island Concours d'Elegance in March, Jake Weisman had a chance to speak with Justin and Paul Felker who, through their business Art 'n' Motion, were taking over operation of the Ponte Vedra show for 2020.

They asked him if he would be interested in serving as the head judge.

"I was honored," he said, seeing this as an opportunity to carry on his father's legacy.

Larry Weisman was a graduate of Embry Riddle Aeronautical University who went



Photo provided by Jake Weisman

Jake Weisman (right), pictured with his late father Larry Weisman, will be the head judge at this year's Ponte Vedra Auto Show on Nov. 15. Larry Weisman, who passed away at age 55 in March of 2018, was a longtime head judge of the annual event.

on to work as an aeronautical engineer before transitioning into a career in wealth management. He loved airplanes, but he loved automobiles equally – especially Corvettes, Mustangs and Camaros. In fact, his son remembers him especially as being "a big Corvette guy."

When his professional success provided him the wherewithal to purchase a Mercedes AMG GT S, it instilled in him a

sense of pride.

It was from Larry Weisman that son Jake learned to love cars at an early age.

"I'd always have a Hot Wheel in my hand," the latter recalled. "My dream was to grow up and pursue a career in the automotive industry."

Larry Weisman took his son to car shows throughout his childhood, sharing an appreciation for classic American automo-

biles. In fact, Jake Weisman attended the Ponte Vedra show with his father for more than 15 years.

After he graduated from college, Jake Weisman went on to work for a major tire manufacturer and later Hagerty Classic Cars, one of the world's largest collector-car insurance companies. There, he works closely with other automobile enthusiasts to help protect and properly value their vehicles.

In this role, he's had opportunities to see some of the world's most extraordinary automobiles.

But he never forgot the Ponte Vedra Auto Show, where he joined his dad on the judge's panel, the same panel he will lead this year.

He said he's excited and thankful to be involved in the 2020 show.

"I think it's going to be really well-received and appreciated," he said. "We need fun things like this to look forward to."

As a Millennial, Jake Weisman has a special interest in exotic and sports cars from the '80s and '90s, as well as collectible Japanese domestic market cars. But he maintains an appreciation for the automobiles he first saw with his father.

"I am a Corvette guy, as well," he admits. "It's instilled in my DNA from my dad."



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Art 'n Motion takes over operation of auto show

By Shaun Ryan

Since the start of the Ponte Vedra Auto Show in 2003, the St. Johns County Chamber of Commerce has been in the driver's seat. This year, responsibility for the event is being passed on to a St. Augustine business known for its commitment to classic and collectible automobiles.

Art 'n Motion of St. Augustine will operate the show with some help from the Chamber.

"It had actually been something I had been wanting to get into, so it was a perfect fit," said Justin Felker, who co-owns the business with his father, Paul Felker.

The show is presented in part by the St. Johns County Tourist Development Council.

One of the first decisions the new operators had to make was rescheduling the event from its original date — Sept. 27 — to Nov. 15.

"Being in November, the weather will be nicer," Justin Felker said. "That was one of the complaints in the past, how hot it was."

In addition, the date change — which will be permanent — steers the show away from the heart of hurricane season.



Photo by Shaun Ryan

Art 'n Motion co-owner Justin Felker stands next to a 1929 Ford Model A delivery truck at the business in St. Augustine. Art 'n Motion is taking over operation of the Ponte Vedra Auto Show this year.

ART 'N MOTION continues on Page 19



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Art'n Motion

Continued from 18

In fact, Northeast Florida statistically sees its lowest rainfall of the year in November. The average high temperature is about 75 degrees, about 10 degrees lower than in September.

Plans for the transition to a new operator began in February. This being the first year for Art 'n Motion, the show will be similar to years past. There will be a few changes, however.

The car corral, initiated last year, was originally a place where owners could display vehicles for sale. This year, it will be for display of cars brought in on the day of the show; these will not be eligible for judging.

Vehicles to be judged must have signed up in advance; the number of judged vehicles has been capped at 200.

Vehicles for the car corral will be accepted between 7 and 8:45 a.m. while space allows.

In another change, there will be no golf cart award this year, though Felker said a special golf cart show might be part of future events.

Art 'n Motion is already looking ahead to future shows.

"Starting next year, it's going to be a two-day event," said Felker. "We're going to try to do some other activities, not just a car show. Things that the community can embrace, though nothing's

set in stone."

Looking at the cars and trucks already signed up, Felker called it "good quality stuff."

The range of vehicles expected to appear in the show runs from a 1907 Cadillac currently housed at Art 'n Motion to a brand new Nissan Z-car.

"The majority of stuff, I would say, is '50s, '60s, '70s," Felker said. "That's the era that's popular. That's what people grew up with."

A special focus this year will be on the 50th anniversary of the Z-car. In addition, Ford GT models will be highlighted.

Felker has had an interest in automobiles since childhood. He has worked with a local racing team and today buys and sells classic and collector cars.

Art 'n Motion is part dealership, part museum, part art gallery — Felker calls classic automobiles "an art you can interact with." The public is welcome to visit and view these vehicles close up.

The business is housed in an early 1900s, industrial-style building at 283 San Marco Ave. Weddings, parties and other events are held at the site by House of Assembly Events, a business owned by Felker's sister, Erin Felker-Murphy.

The 18th annual Ponte Vedra Auto Show will be held at the Nocatee Event Field, 245 Nocatee Center Way. Admission and parking are free for spectators.

Go to PVAutoShow.com for more information,



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Nocatee wins national recognition and Best of the Best awards

By Shaun Ryan

The Ponte Vedra Auto Show returns this year to Nocatee, one of the top 10 best-selling master-planned communities in America.

Nocatee continues to garner accolades as it welcomes new amenities, businesses, and neighborhoods to its nearly 25-square-mile area. In the past year, residents and industry professionals alike have touted the community for what it offers.

In September, Newsweek magazine named Nocatee the best place to live in the state of Florida.

At the beginning of this year, RCLCO Real Estate Advisors released its “Top-Selling Master-Planned Communities of the Decade” report ranking Nocatee as the fourth best-selling master-planned community over the last 10 years.

Since 2013, Nocatee has solidified its ranking in the nation’s top 10 master-planned communities. Much of this success is due to the continued development of the shops, restaurants, and amenities around the area. New businesses that have opened this year include Burn Boot Camp, CareSpot Urgent Care, Panera Bread, Greenwise Market, Clean Juice, Really Good Beer Stop, Ben & Jerry’s, Sherwin Williams, Tanks Sushi Bistro, and lululemon.

Those coming soon include Baptist HealthPlace and YMCA, First Watch, Flagler Health Village, Suntrust Bank and Makk Fashions. A CVS Pharmacy with a drive-thru is expected to open in Nocatee Town Center in early 2022.

In October, The Ponte Vedra Recorder released the list of winners for its 2020 Best of the Best of Ponte Vedra contest, and Nocatee claimed victory in two categories, receiving the most votes from readers and community members.

Nocatee won for “Best Community to Live In” and “Best Place for Kids to Have Fun.”

The latter specifically cited the five-acre, award-winning Nocatee Splash Water Park. Among the park’s highlights are Rip Tide Slide Tower, the tallest water slide tower in Northeast Florida. There’s also a 377-foot-long zip-line, shallow access pool, interactive playground, recreational pool, lazy river, water obstacle course and more.

Construction is now underway on new amenities as part of the community’s “Enhancing the Lifestyle” initiative. It will bring big changes to Nocatee’s Splash Water Park, Spray Water Park and more. These enhancements will include two new racing slides as well as a family swimming pool at Spray Water Park, and an adult-exclusive serenity pool at Splash Water Park.



Nocatee’s Splash Water Park and Spray Water Park are favorites among residents.



Opportunities to enjoy a quiet treat abound at Nocatee.



Photos provided by The PARC Group
ABOVE: For the adventurous, there is a 377-foot zipline at Nocatee’s Splash Water Park.

LEFT: Nocatee has 41 neighborhoods comprised primarily of single-family homes.



Nocatee is a family-friendly community with ample opportunities to enjoy the outdoors.



Relaxing poolside at Nocatee, residents can escape the cares of the world at large.

Nocatee

Continued from 20

Of course, a community wouldn't be significant without homes. Nocatee has 41 neighborhoods, comprised primarily of single-family homes for sale, ranging in price from the \$200's to \$2 million-plus.

In recognizing Nocatee as the best place to live in Florida, Newsweek highlighted the community's "carefully designed neighborhoods featuring everything from parks and recreation to shopping, restaurants and more."

The coastal community's location puts it "at the doorstep of golf courses, beaches and the airports of Jacksonville," reports Newsweek.

One of the newest additions to the community is Baptist Health's comprehensive health campus, which includes primary care, specialty care and wellness programming. The campus is located west of Nocatee Town Center and the Lakeside neighborhood facing Nocatee Parkway. The two-story, 83,000-square-foot building is accessible via walking paths and golf cart paths.

Featured at the campus is a YMCA, with full workout facilities, a covered outdoor greenspace, family-oriented programming and child care.

With the addition of Anthem Ridge at Crosswater and the announcement of its first and only Intracoastal neighborhood,

River Landing at Twenty Mile, Nocatee continues to grow and expand its home-style offerings. People looking to reside in Nocatee will find a full range of options from low-maintenance town-homes to luxurious custom homes.

In the Del Webb Nocatee community, construction has begun on a \$13 million amenity center. Expected to open in late summer, the center will be highlighted by The Canopy Club, a 22,000-square-foot clubhouse. There will be a tavern and grille, ballroom, resort-style pool, lap pool and pickleball, tennis and bocce ball courts.

Also in the works is "the link," a 22,500-square-foot "Building of the Future," that will showcase the latest technological advancements in building design and operations and will be one of the best places to work from all aspects: technology, comfort, health, activities and more.

The innovation hub will operate as an accelerator and incubator. "The link" is set to open next summer in Nocatee Town Center.

In reference to the recognition by Newsweek, Rick Ray, president and CEO of The PARC Group, Nocatee's master developer, said, "Our vision for Nocatee was to create a community that was unmatched in Northeast Florida. We're honored to see Nocatee ranked as the best place to live in Florida and to see it consistently recognized at the national level."

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Photos provided by Gina Mangus

Flagler Health+ Village at Nocatee is scheduled to open Dec. 8.

Flagler Health to unveil new Nocatee facility in December

By Holly Tishfield

As Nocatee continues to grow and change with each passing season, so does its idea of health care.

Opening Dec. 8, Flagler Health is proud to unveil its new Flagler Health+ Village at Nocatee, which features comprehensive clinical care the latest advancements in community health care.

“We developed this unique concept by working with a health advisory council that we formed in Nocatee two years ago,” said Gina Mangus, vice president of Strategy and Business Development at Flagler Health+. “We have really been listening

and collaborating with what they think the Nocatee community needs to further enhance their health and well-being.”

The Village will be a one-stop shop where residents and community members can find all the services they need to maintain a healthy lifestyle and total wellness.

Services such as primary care, orthopedics, heart and vascular care and lab/imaging results are just a few of the many health care options offered at The Village, but physical health is not the only specialty Flagler Health+ offers.

“Our health village incorporates tradi-

FLAGLER HEALTH continues on Page 23

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Shapiro Group, 2012.



Flagler Health+ Village at Nocatee will feature the latest advancements in health care.

Flagler Health

Continued from 22

tional clinical care as well as some new approaches to improving people’s wellbeing,” Mangus said. “In addition to clinical services we have a community engagement space.”

The community engagement space will host a variation of classes like health coaching, art lessons and support groups that residents are encouraged to join.

In addition to the engagement space, The Village is home to a sprawling 1-acre park that includes a splash pad and playground for children, as well as swinging benches, inhabitable art and a nature path.

Residents can also grab a cup of coffee at The Kookaburra coffee shop, a St.

Augustine-based coffee brand located on The Village property, before they head into any appointments or classes.

Flagler Health+ has partnered with the St. Augustine Amphitheater to open a performance pavilion in The Village, where they plan to bring community-focused programming to the stage. Local schools will be able to utilize the new stage for performances and competitions.

“Our vision is to advance physical, social, and economic health for the community as a whole,” Mangus said. “We are excited to bring a new concept of health-care and wellness to the Nocatee area.”

For more information about the services offered at The Village on the Flagler Health+, go to www.flaglerhealth.org/locations/nocatee-health-village/

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Auto Show celebrates 50th anniversary of Z Car

Nissan's practical sports cars have been engaging drivers in the U.S. since 1970

By Paris Moulden

Cars have a way of bringing people together, whether it's just to admire their sleek beauty, be blown away by their power and speed or to bond over brand loyalty, automobiles hold a particular allure.

And Nissan's Z Car series is a special breed of its own, said Chris Brewer, director of communications for The Amelia Island Concours d'Elegance and judge at this year's Ponte Vedra Auto Show, where the 50th anniversary of the model-year Z Car will be celebrated.

Brewer, 47, said nostalgia is a big factor when it comes to his love for the Z Car, which was originally known as the Datsun 240Z when it was launched in October of 1969 at the New York Auto Show.

"These are the cars that I really wanted when I was a kid," said Brewer, 47. "I preferred the Japanese imports when I was younger. That was something that really excited me."

That first generation of the Z Car — 240Z, 260Z and 280Z — ran from 1970 to 1978. Through those years, minor modifications were made, often to meet new government requirements, but the look remained similar.

In 1979, the second generation of Z Car — the 280ZX — came along, followed by the third generation of Z Cars, the Z31 300ZX in 1984 and the Z32 300ZX in 1988-1990. Nissan stopped building the Z32 in 1996 but returned with the 350Z for the 2003 model year. The 370Z was introduced in 2008 and is still made and sold at dealerships today.

Brewer said the appeal of the Z Car was in its durability — and affordability.

"It's The original Z was done really well," Brewer said. "When launched, it was a brand new sports car that could compete with the likes of the Porsche 911 and Chevrolet Corvette. But it had a much lower price point, so folks who wanted something sporty that offered strong performance and could drive one home from the dealer for a lot less money."

However, the early model Z Cars have seen their market skyrocket, lately.

"The Z following is pretty faithful, pretty loyal and as of late, the early 240Z Cars have started to see quite a jump in value, with some going for more than \$100,000," Brewer said. "That's a significant jump from what they were valued at even five years ago."

The Z Car is still a good deal for the most part, especially compared to other sports cars on the market, Brewer said.

"These cars are accessible," he said. "They were very accessible financially, too, for a number of years, and there are still many of them on the market at an affordable cost. For those looking to get

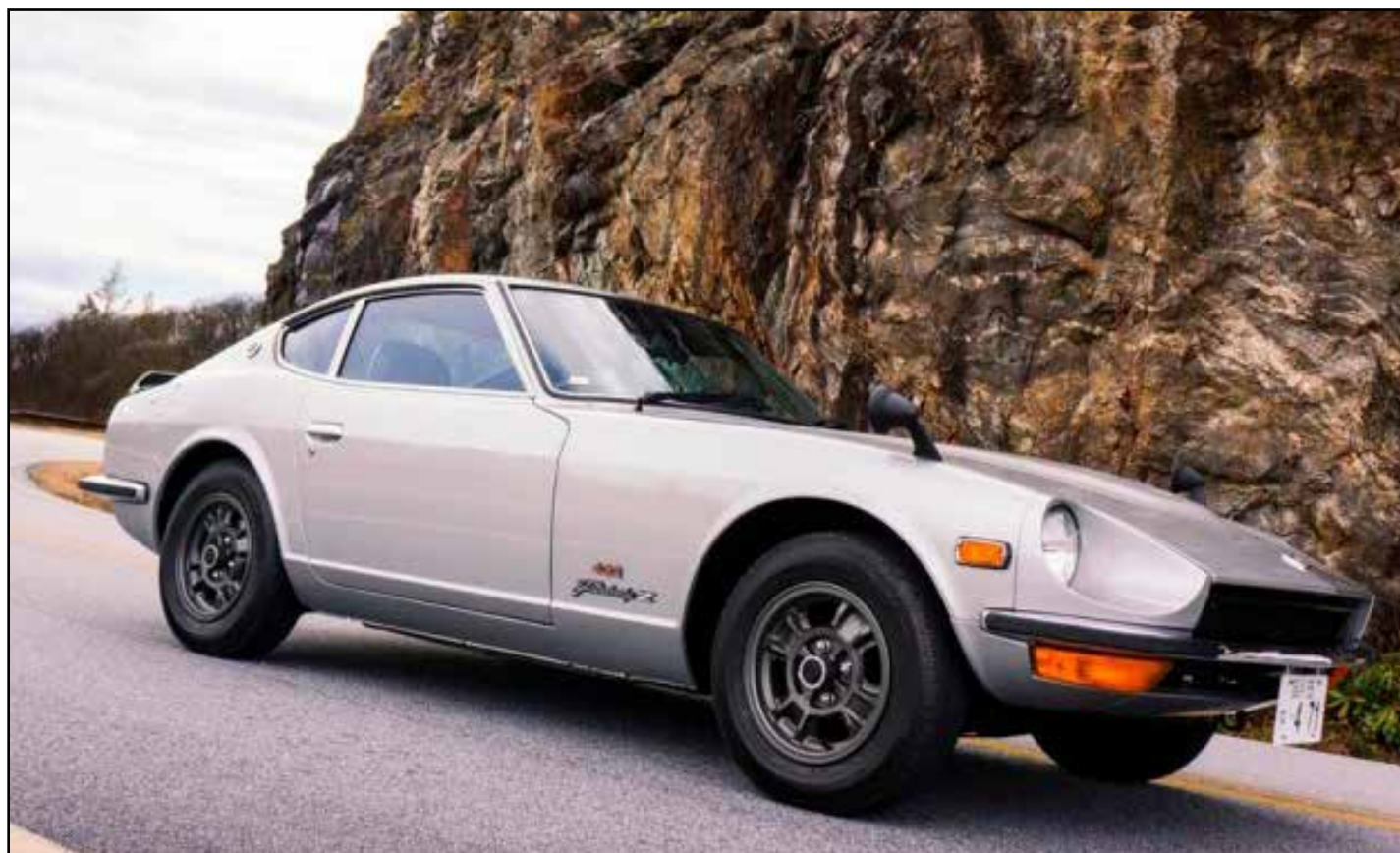


Photo provided by Justin Felker

Justin Felker, co-owner of Art 'N Motion, will have his 1970 Datsun 240Z 432 on display at this year's Ponte Vedra Auto Show. The 432 is a rare model and will be a treat to be able to see in person, says Chris Brewer, one of this year's event judges.

into the hobby, the Nissan Z Car is a great entrance point."

Not only do they boast the sleek design and power of many other sports cars, with a more affordable price, the early Z Cars are also not a mechanical nightmare, which is a huge bonus to Brewer.

"At best, I'm a hack mechanic, but there's not much I can't fix on my 1971 Datsun 240Z," Brewer said of the now-restored car he bought 10 years ago for \$300.

He also has been able to share his passion for the Z Car with his 17-year-old daughter Abbi, who owns a 2004 Nissan 350Z.

"It's a lot of fun for us to work on them together," Brewer said. "There's just something about it that has been really significant for our relationship as a father and daughter to have those cars as something we can talk about."

"She takes a lot of pride in her car," he said. "It's part of who she is."

Bonding over vehicles is the core component of auto shows, as people from all over share in a mutual appreciation for the automobile, both old and new.

"I think automobiles unite you," Brewer said. "That's why the Ponte Vedra Auto Show is also such a great event, because people from all walks of life come together for a common purpose."

Brewer said events like the Auto Show, which is held outdoors, are even more important now as a way for people to be able to connect, safely.

"It's a way to spend some time together in a time when it's hard to find opportunities available to do that," he said.



Photos provided by Chris Brewer

Brewer has loved the Nissan Z Cars since childhood, and is particularly fond of the 1971 Datsun 240Z he currently owns.



Photo provided by Chris Brewer

Visitors check out different models of Nissan Z Cars during this year's annual ZCON event in September in Nashville, Tennessee. The event celebrated the 50th anniversary of the original 1970 Datsun 240Z and included a virtual unveiling of the Nissan Z Proto, which will be the latest in the line of Z Cars for Nissan. The 50th anniversary of the 1970 Datsun 240Z will also be celebrated at the Ponte Vedra Auto Show on Nov. 15 at Nocatee Event Field.

Z Car

Continued from 24

When it comes to judging the Z Car Class at Sunday's Auto Show, Brewer said he'll be looking for originality, early models that almost look like a time capsule they're so well-preserved and models that have been meticulously restored.

Brewer will be judging alongside new head judge Jake Weisman, who he said asked him to participate in this year's show. Brewer was a close friend of long-time Ponte Vedra Auto Show judge Larry Weisman, who passed away in March of 2019, and is also a close friend of Jake's, which made joining the judging panel an easy decision.

"I'm there because I love the family and I love what the show represents," Brewer said.

He's also excited for visitors to the show to be able to see the Z Car display, which will boast a 1970 Datsun 240Z 432 owned by Art 'N Motion co-owner Justin Felker.

"His is one of the finest on the planet," Brewer said. "It's a would be a crown jewel in any car show, but as part of a

50th anniversary Z Car show, to have that 432 represented is pretty special."

With only about 420 of that particular model being made, the opportunity to see one in person doesn't come along that often.

"It's worth getting up and going to see if you're looking for something special," Brewer said.

But regardless of what model car a person loves, it's the attachment to others the love of cars offers that is so special to Brewer, and the idea that something created to give us independence can be such a big factor in our identity and how we connect.

"To think that something that's so autonomous can bring us together in a community is really neat," he said. "That's a big part of why I love the automobile."

The Ponte Vedra Auto Show is 9 a.m. to 3 p.m., Sunday, Nov. 15, at Nocatee Event Field. It will be a great opportunity to see one-of-a-kind cars and connect with fellow automobile aficionados.

And maybe an opportunity to experience the joy Brewer does when he takes out his scrappy 1971 240Z.

"When I'm behind the wheel, I'm usually grinning from ear-to-ear," he said.

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Photo provided by John Kaiser

John Kaiser's 1967 Ford Fairlane is perched on a drive-up transporter, Kaiser hopes to be able to display his classic race car, once driven by Fred Lorenzen at the Daytona 500, in Sunday's Auto Show.

John Kaiser hopes to deliver his Fred Lorenzen 1967 Ford Fairlane to Ponte Vedra Auto Show

By Don Coble

John Kaiser keeps one of his most-prized possessions, an original 1967 Ford Fairlane driven by Fred Lorenzen at the Daytona 500, in a climate-control storage unit, far away from the sun's peroxidizing rays and safely protected from normal wear and tear.

But like a dedicated grandparent, he visits it often.

There is a lot to marvel over with the

antique racer. The blue-and-white race car still has the same sheet metal and paint used by legendary car builder and long-time racing contractor Holman-Moody. And it's parked on the same car carrier used by the racer stock car fans knew as "The Golden Boy."

"It's absolutely the most original 1967 Ford Fairlane in existence," the St. Augustine resident said. "I have photos of them building the car. I'm really lucky to have the car."

Lorenzen owned the No. 28 "LaFayette Ford" car until Lee Holman claimed it back. Kaiser then bought the racer in 2012. It has a replacement 427 V-8 engine, but the original seat, parachute safety harness and dashboard are original.

When it's not tucked away in storage, Kaiser shows it off at classic car shows. It comes still perched atop the drive-up transporter.

Like other hot rod enthusiasts, Kaiser hopes to bring his Ford Fairlane to the

Ponte Vedra Auto Show on Sunday, Nov. 15, at the Nocatee Event Field.

Kaiser recently had surgery on his neck and back, so he's not sure if he will be able to attend. Regardless, more than 200 cars will be featured in 25 different categories, including the 50th anniversary of the Nissan Z and a large gathering of priceless Ford GTs.

Best In Show takes home \$500 and a special trophy.

Last year's car show was moved back a week to Sept. 22 due to the possibility of adverse conditions created by a possible tropic cyclone system in the area. The three Best in Show winners were: Erik Olsen's 1970 Porsche 914-6; 30th Anniversary of the Land Rover Discovery by Elena Perry; and, Nancy Marquis' 1979 Mini Cooper Austin Cooper.

Kaiser has other impressive muscle and antique collectibles, including an original "era-correct" 1932 Ford Highboy 428 Cobra Jet. He also has a 1963 Ford Falcon and another 1967 Ford Fairlane Code-R. The R codes were used as the fifth letter in the car's vehicle identification number to designate a high-performance car.

He calls his Fairlanes a perfect set of bookend collectibles.

"I'm the only guy who has one of each," he said.

Hopefully, he will be able to give us a glimpse of one of them and the car that sat in a museum for 40 years before Kaiser bought it. Although he keeps it under wraps most of the time, he pulls into a vintage muscle car show to show it off.

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2020 BEST of the BEST of Ponte Vedra Recorder

IN THE REARVIEW: 2019 PONTE VEDRA AUTO SHOW



Douglas Greer's 1950 Plymouth Special Deluxe won the Best in Show Classic in Honor of Larry Weisman award at the Ponte Vedra Auto Show on Sept. 22, 2019, at the Nocatee Event Field.

2019 Auto Show draws record crowd

1950 Plymouth won Best in Show Classic in Honor of Larry Weisman at last year's event

On Sunday, Sept. 22, 2019, The St. Johns County Chamber of Commerce, hosted the 17th annual Ponte Vedra Auto Show at the Nocatee Event Field.

The cars were perfectly aligned allowing spectators to take an up-close, personal look. The field was overflowing with incredible, one-of-a-kind vehicles from the 1934 Ford two-door sedan, the 1957 Grumman Delivery Kurbside and the 1932 Ford 3W Coupe Street Rod.

The PV Auto Show welcomed a staggering 250 entries of collectable and classic car participants with more than 4,000 car lovers, enthusiasts and vendors in attendance. Notable awards included The Best in Show Classic, sponsored by Wells Fargo Advisors, awarded to Douglas Greer for his 1950 Plymouth Special Deluxe and the Best in Show 61st Anniversary of the Mini, sponsored by Vystar Credit Union, awarded to Nancy Marquis for her 1979 Mini Cooper Austin Cooper. The Porsche Jacksonville "For the Spirit of It!" award went to Bert Harris, sponsored by Porsche Jacksonville.



Photos by Susan Griffin

Crowds take in the array of classic and new model cars at last year's Ponte Vedra Auto Show in Nocatee.



Tanea Jenkins won the "Spirit of Nocatee" Golf Cart Award at last year's event.



Bert Harris' 1974 Porsche Carrera took home the "For the Spirit of It" award.



Steven Kutkowsky won the Fields Auto "Pursuit of Perfection" award with his 1954 Cadillac Series 62 convertible.

2019 AUTO SHOW WINNERS

"Spirit of Nocatee" Golf Cart:
Tanea Jenkins, 2014 Golf Cart – Club Car Precedent

Most Original: Jimbo Workman, 1957 Grumman Delivery Kurbside

Florida Crown Region Classic Porsche:
Vincent Vuong, 1957 Porsche 356

Florida Crown Region Best Contemporary Porsche: Eric Griffith, 2016 Porsche Boxster Spyder

Best Vintage: Sam Defranco, 1947 Cadillac 62 series convertible

Best Classic: Eric & Loni Gibson, 1965 International Scout 80

Best Classic Euro: Alex and Penny Levy, 1966 Triumph 4A

Most Outstanding Pony Car:
Chris Zima, 1969 Ford Mustang

Best Contemporary Pony Car:
Mark Massey, 2000 Ford Mustang Cobra R

Most Outstanding Muscle Car:
Patrick Murphy, 1967 Pontiac GTO

Best Contemporary Muscle Car:
Fernando Quintana, 2018 Dodge Hellcat Charger

Most Outstanding Corvette:
Michael Lucas, 1967 Chevrolet Corvette

Best Contemporary Corvette:
Suzanne Norton, 2018 Chevrolet Corvette Grand Sport

Best of Britain: Terry Sopher, 1968 Triumph TR250

Euro Excellence Award: Jeff Fehrenkamp, 1967 Volkswagen Beetle

Best Pro Tour Retro Rod: Bruce Ross, 1932 Ford 3W coupe Street Rod

Spirit of Racing: Joe Petty, 1962 Lotus Super 7

Judges Choice: Tracy Valsi, 1970 Chrysler 300 Hurst Edition

Best of Autobahn: Conrad Swindell, 1963 Mercedes Benz 220 SEB Convertible

Best Preserved Interior: Jim Reynolds, 1986 Jeep Wagoneer

Best Restored Exterior: Mark Kmetz, 1941 Willys Coupe

Asia Excellence Award: Jay Mutina, 1972 Datsun 240z

Fast and Furious Award:
Fernando Duffoo, 1970 Dodge Challenger

Hagerty "People's Choice Award": Tyler Orzechowski 1913 Ford Model T Touring

"Spirit of Amelia": Will Hilsky, 1939 Cadillac 60 Special

Best Exotic: Andrew Cannestra, 2020 McLaren 600LT spider

Best Off Road: Will Montoya, 1970 Ford Bronco

Porsche Jacksonville "For the Spirit of it!": Bert Harris, 1974 Porsche Carrera

"Best in Show" 30th Anniversary of the Land Rover Discovery: Elena Perry, 2001 Land Rover Discover

"Best in Show" Porsche 914 50th Anniversary: Erik Olsen, 1970 Porsche 914-6

"Best in Show" 60th Anniversary of the MINI: Nancy Marquis, 1979 Mini Cooper Austin Cooper

Fields Auto Group "Pursuit of Perfection":
Steven Kutkowsky, 1954 Cadillac Series 62 Convertible

Best in Show Classic in Honor of Larry Weisman: Douglas Greer, 1950 Plymouth Special Deluxe



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Faces of HEALTH CARE



Ponte Vedra Wellness Center staff members Marcelo Sacedo (from left), owner Dr. Erika Hamer, Lisa Tromsdorff and Janine Parker celebrated the center's 16th anniversary with a fall festival and wellness expo.

Ponte Vedra Wellness Center celebrates 16 years with fall festival, wellness expo

By Holly Tishfield

Dr. Erika Hamer opened the Ponte Vedra Wellness Center with a vision of creating a family practice, a place where patients felt happy and welcome every time they walked through the doors.

Sixteen years later, and Hamer has created just that. At the epicenter of health and well-being in the Ponte Vedra community, Hamer's practice has cultivated quite a name for itself.

"Ponte Vedra Beach is a very good community," Hamer said. "I still have so many patients that I have had for the last 10-to-15 years, but I get a lot of new people too. It's a mix."



Photos by Susan Griffin

Dr. Erika Hamer speaks to guests at the Ponte Vedra Wellness Center's fall festival and wellness expo Oct. 29.

ANNIVERSARY continues on Page 30

JDRF Northern Florida celebrates Type 1 diabetes community for National Diabetes Awareness Month

'Power of Us' campaign spotlights strength, resilience of T1D community

JDRF, the leading global funder of type 1 diabetes (T1D) research, commemorates National Diabetes Awareness Month (NDAM) by honoring the strength of the T1D community with the "Power of Us" campaign.

"This year, we step into an NDAM like no other, as the world continues to navigate through the COVID-19 pandemic," said Aaron J. Kowalski, Ph.D., JDRF president and CEO. "As an organization, we want to celebrate the continued strength of the community and our support systems, who together power the perseverance every person with T1D needs to manage this disease, especially in this time."

JDRF continues to reimagine signature events for the T1D community including the recent JDRF Miracles Gala held in the community last month and is offering a new ride format for their signature ride program. Called JDRF My Ride, the new season which extends through the end of 2020, allows anyone to participate in their own way: indoors on a trainer, outdoors on a bike, with friends or on their own.

"We may be apart, but we're together for the mission, and we won't stop until we get to the ultimate finish line: a world without type 1 diabetes (T1D)," said Market Director Brooks Biagini.

Type 1 diabetes is a chronic, life-threatening autoimmune disease that can strike children and adults at any age. It requires rigorous 24/7 monitoring of blood glucose levels — even overnight — to avoid potentially lethal highs and lows in blood sugar, as well as other devastating complications like kidney, eye and nerve diseases. While its causes are not

DIABETES continues on Page 32

How to fight stress, burnout and protect heart health



Saumil Oza, M.D.
Ascension St. Vincent's
Riverside

The COVID-19 pandemic has taken a toll on our mental health. We've all had to face tremendous new pressures, from juggling new virtual work and school environments, being cooped up, and taking on a new way of life to help fight a global pandemic. These are not simple stressors. Recent polls conducted by Pew Research Center show one-third of Americans have experienced

high levels of psychological distress at some point during the extended period of social distancing. And while we know we'll get through these tough times, stress and burnout can have long-lasting effects on your heart.

A recent study on burnout conducted by the European Society of Cardiology followed more than 11,000 participants over 25 years. They found that those with the highest levels of burnout were at a 20 percent increased risk for AFib, the most common heart arrhythmia, which increases risk of stroke five-fold. This is why it's important to understand how stress impacts the heart and what we can all do

to reduce stress and protect heart health.

HOW STRESS IMPACTS THE HEART

Your body's response to stress is supposed to protect you. But, if it's constant, it can harm you. The hormone cortisol is released in response to stress. Studies suggest that the high levels of cortisol from long-term stress can increase blood cholesterol, triglycerides, blood sugar, and blood pressure. These are common risk factors for heart disease. This stress can also cause changes that promote the buildup of plaque deposits in the arteries. Even minor stress can trigger heart problems like poor blood flow to the heart

muscle. This is a condition in which the heart doesn't get enough blood or oxygen. And, long-term stress can affect how the blood clots. This makes the blood stickier and increases the risk of stroke.

All of these factors add up to harm the body in a myriad of ways, not the least of which is damage to the artery walls and subsequent plaque buildup. This buildup impedes blood flow and can even lead to complete blockages. As a result, the risk of major cardiovascular events such as heart attack and stroke are far higher than normal.

HEART continues on Page 32

Anniversary

Continued from 29

Despite the COVID-19 pandemic, staff at the Ponte Vedra Wellness Center have done everything in their power to keep a smile on patients' faces, even surprising a long-time guest with cupcakes and balloons on their birthday.

"There are so many things today that can make your world tough, but I want you to come in and just feel really good when you walk through the door," Hamer said.

When first opening her practice, Hamer wanted a patient's mental, physical and emotional well-being to be at the forefront of her teachings.

"Not just 'what I can do for you,'" she said, "but more 'how can I teach you the whole concept?'"

It may be common nowadays to see doctor's offices and yoga studios slap the word "wellness" onto their names, but when Hamer came up with her practice, it was genuine. To communicate that, the staff wanted their patients to be present and be well.

To adhere with new CDC guidelines, the Ponte Vedra Wellness Center spaces out its client appointments and practices safe social distancing, but Hamer said

patients like to schedule appointments around one another, to chat and catch up after isolating the last seven-to-eight months.

"I love the warm environment I have been able to build with my practice," Hamer said, noting that even though the pandemic has made people lonelier than usually, she wanted her office staff to make patients smile.

At the celebration Thursday, Nov. 5, local guests and members from the St. Johns County Chamber of Commerce came together to commemorate Hamer's successful impact on the Ponte Vedra community.

Attendees got their fill of charcuterie cups and Halloween-themed desserts, as well as games and chair massages.

In terms of the future, Hamer plans to keep up her hard work in the community.

"Everybody's so welcoming here, and once you're in the community you find that it's a place you could stay forever," she said. "I have no intention of going anywhere."

The Ponte Vedra Wellness Center is running a special for new patients, and a special for current patients, now through Dec. 1. To learn more about the offers, go to pontevedrawellnesscenter.com.



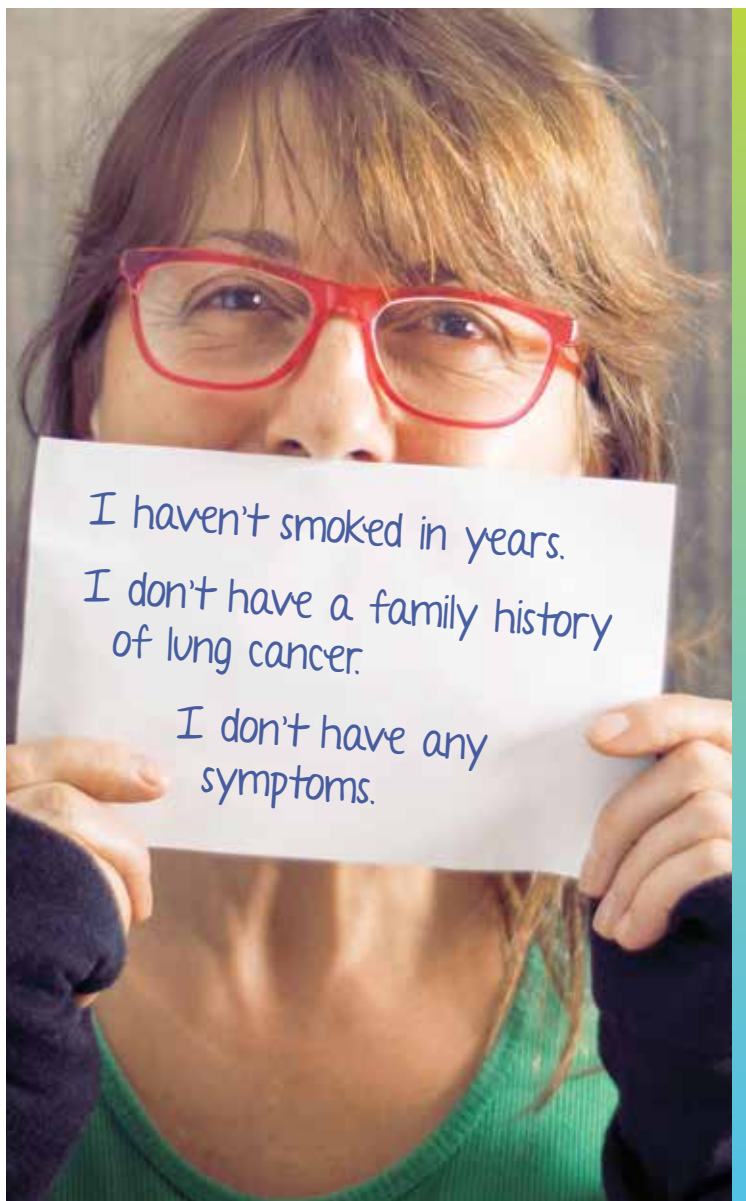
Guests mingle at the Ponte Vedra Wellness Center's fall festival and wellness expo Oct. 29.



Photos by Susan Griffin

ABOVE: Halloween-themed treats were available to guests at the 16th anniversary event.

LEFT: Bonnie Hayflick and Sharon Friedes



Think you're not at risk for lung cancer? Think again.

Unfortunately, if you quit smoking 15 years ago or less, you may be at risk for developing lung cancer. You could also be at risk even if you have no family history and no symptoms.

What can you do to reduce your risk and catch lung cancer early?

Consider a lung cancer screening. Early detection of lung cancer can save your life. If you meet the following criteria, you could be eligible for a low-dose CT lung cancer screening, which is covered by Medicare and many insurance plans.

- ✓ You are between 55 and 77 years old.
- ✓ You have a 30 pack-year history of smoking or more (this means 1 pack a day for 30 years, 2 packs a day for 15 years, etc).
- ✓ You are a current smoker or have quit within the last 15 years.

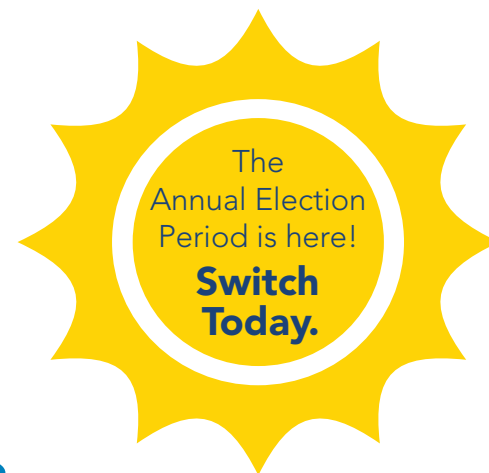
To see if this screening is right for you, talk with your primary care physician or go to baptistjax.com/lungscreening.

Baptist Health offers lung cancer screenings throughout Northeast Florida, including **Baptist Medical Center Beaches**.





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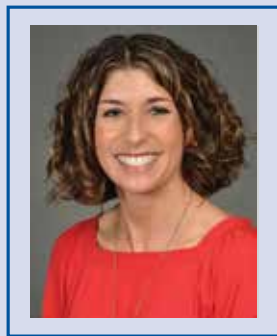


Newsweek #1

In perhaps the most challenging year on record, River Garden recognizes two of our outstanding leaders for their impact and accomplishments:



Carol Thomas, Chief Nursing Officer, named *Leading Age Florida 2020 Executive of the Year*



Mauri Mizrahi, Associate Administrator, led River Garden to incredible results validated by government and industry experts



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Diabetes

Continued from 30

yet entirely understood, scientists believe that both genetic factors and environmental triggers are involved. Its onset is sudden and is not related to diet or lifestyle. In T1D, the body's immune system destroys cells in the pancreas that produce insulin, meaning the body produces little to no insulin to regulate blood sugar and get energy from food. There is nothing you can do to prevent T1D, and — at present — nothing you can do to get rid of it.

JDRF's mission is to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications. To accomplish this, JDRF has invested more than \$2.5 billion in research funding since its inception in 1970. It is an organiza-

tion built on a grassroots model of people connecting in their local communities, collaborating regionally for efficiency and broader fundraising impact and uniting on a national stage to pool resources, passion and energy. JDRF collaborates with academic institutions, policymakers and corporate and industry partners to develop and deliver a pipeline of innovative therapies to people living with T1D. Its staff and volunteers throughout the United States and five international affiliates are dedicated to advocacy, community engagement and a vision of a world without T1D.

If you or a loved one are impacted with type 1 diabetes and would like to learn about opportunities to connect with others in the community, contact JDRF Northern Florida at (904) 739-2101. For more information on National Diabetes Awareness Month, go to jdrf.org/NDAM.

Heart

Continued from 30

HOW TO REDUCE STRESS AND PROTECT HEART HEALTH

Managing stress is a good idea for your overall health, but it has specific benefits for your heart health. Many studies have documented that various forms of stress can take a toll on the heart. You might be experiencing workplace stress, financial stress, caregiver stress or disaster-related stress. The good news is that you can take steps to reduce your stress that will improve 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.

In particular, recent studies have shown the practice of yoga to improve the quality of life of patients living with AFib. For example, a trial led by Dr. Naresh Sen of HG SMS Hospital in India found that over 16 weeks of yoga sessions, AFib patients saw their symptom episodes drop by about half.

In another study conducted by the European Society of Cardiology, yoga was performed for one hour, once a week, for 12 weeks in the hospital with an experienced instructor. The yoga program included light

movements, deep breathing, and meditation. The study found that patients who did yoga had a better quality of life, lower heart rate and lower blood pressure than patients who did not do yoga.

Doing things you enjoy is another simple way to relieve stress. The more you take care of yourself and experience pleasure, the less reactive you will be to outside stressors. Finding time each day for socially distant and stress-reducing hobbies like gardening, reading a book, playing with pets or listening to music can have significant positive impacts on your heart.

Finally, make sure you're getting enough sleep. A good night's sleep makes you able to tackle the day's stress more easily. When you are tired, you are less patient and more easily agitated, which can increase stress. Most adults need seven-to-nine hours of sleep per night. Practicing good sleep hygiene along with stress-lowering tactics can help improve your quality of sleep.

It might help to remind yourself that our lives will go back to normal someday soon. Keep trying to stay positive and follow good social distance practices including wearing a mask. We can all get through this together.

Dr. Saumil Oza is chief of cardiology at Ascension St. Vincent's Riverside. For more information on Dr. Oza and his specialty treating Atrial fibrillation, visit Healthcare.ascension.org.



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Business Weekly

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The Plantation at Ponte Vedra Beach hires new golf course, grounds superintendent

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www.PonteVedraRecorder.com



The St. Johns County Chamber Ponte Vedra Beach Division held a Before Hours event to honor veterans Nov. 3 at Sawgrass Marriott Golf Resort & Spa. Mike Linnington, CEO of the Wounded Warriors Project, was the featured speaker.

Chamber Before Hours event salutes veterans

The St. Johns County Chamber Ponte Vedra Beach Division held a Before Hours: Salute to Veterans event Tuesday, Nov. 3, at the Sawgrass Marriott Golf Resort & Spa.

The event celebrated the men and women who served the country and featured special guest Mike Linnington, CEO of the Wounded Warrior Project. Linnington, a retired U.S. Army lieutenant general, has 35 years of military experience. He oversees day-to-day operations and works with the executive team to set and implement WWP's strategic vision. He is responsible for ensuring WWP's free, direct programs and services continue to have the greatest possible impact on the warriors, caregivers and families it serves.



Jackie Smith (from left), Emily Tillio, Jen Hendrich and Trudy Toche attend the Before Hours event.



Photos by Susan Griffin
Todd Hickey, GM of Sawgrass Marriott Golf Resort & Spa, speaks to guests.

Life lessons from a boy, mole, fox and a horse



Harry Pappas
Columnist

As I mentioned in a previous narrative, I recently read a book called, "The Tao of Pooh." The engaging read is centered on the premise that one can understand the fundamentals of Taoism, a Chinese philosophy

advocating humility and religious piety through a close reading of "Winnie the Pooh," the classic children's book.

As most of us will agree, animals are always in the "present" and their secret power is the ability to pull us in with them, which is one of several reasons why I enjoyed reading the heart warming paperback. Reminiscent of "The Tao of Pooh," I came across another remarkably simple, but profound book, which is full of love and kindness on each page. It is like Winnie the Pooh teaming up with a thoughts therapist!

A story about friendship and love, "The Boy, the Mole, the Fox and the Horse," by British illustrator Charlie Mackesy, is inspirational, thought provoking and beautifully illustrated. It is about a lonely boy on his journey through the countryside on a spring day where he finds companionship: first meeting the mole, then the fox and finally the horse. As they walk, the new friends talk, wonder, share their hopes and fears and ask each other some of life's simple but yet important questions.

Although "The Boy, the Mole, the Fox and the Horse" it is a book for all ages, I envisioned reading it aloud to young children or grandchildren, as the life lessons are filled with kindness, love and friendship. Please keep in mind that the book's messages are nothing innovative, but the illustrations and the author's words made me stop and reflect on every page.

For example, to the left is one of my favorite illustrations and words of wisdom. Perhaps this illustration hit a chord

Offices available for sublease with SJC Chamber

Looking for office space? The St. Johns County Chamber of Commerce has shared office space available for sublease in both its Ponte Vedra and St. Augustine locations.

The locations are:

PONTE VEDRA

200 Solana Road, Suite B

- 220-square-feet of private space with separate entrance
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- Basic signage possible
- Ground floor, free parking

ST. AUGUSTINE

100 Southpark Blvd., Suite 405

- Two furnished offices within the Chamber's suite
- Signage limited to suite only
- Fourth floor, free parking

Both locations have a shared kitchenette, restroom and possible usage of conference room, basic utilities and WiFi access included in the lease and copier access (reimbursable to Chamber). Terms are negotiable.

For more information, contact Aimee Stafford at aimee.stafford@sjcchamber.com or at (904) 829-5681, ext. 51.

Casa Monica appoints new executive chef

Rob DeGrassi brings extensive culinary resume to the St. Augustine resort

The Casa Monica Resort & Spa has announced the appointment of Rob DeGrassi as its executive chef.

DeGrassi is a New Jersey native who began his culinary journey when he was 14 years old, stretching out pizza dough and dreaming of running a restaurant.

He went on to earn his bachelor's degree in culinary management at the Art Institute of Fort Lauderdale.

He served as sous-chef with P.F. Chang's and then joined the Omni at Amelia Island as the banquet chef. He later became the chef de cuisine at the oldest hotel or inn in America, the Omni Homestead Resort.

DeGrassi continued with the Omni New Haven at Yale as the executive chef. Returning to a historic hotel, he was the executive chef at the Cavalier Hotel, a Marriott Autograph hotel.

Most recently, he was the premium chef for the Jacksonville Jaguars, managing the owner's suite and VIP events.



Photo provided by Casa Monica Resort & Spa

Rob DeGrassi has been named executive chef at the historic Casa Monica Resort & Spa in St. Augustine.

DeGrassi's work with historic properties continues with this new position at the 1888 Casa Monica Resort & Spa.

DeGrassi is the father of four: Aiden, 9, Ryder, 7, Aria, 5, and Laurel, 2. He and his wife, Christina, enjoy the beaches of Florida and hanging out at home together.

The Plantation at Ponte Vedra Beach names new golf course and grounds superintendent

The board of directors of The Plantation at Ponte Vedra Beach recently announced Shannon Wheeler has accepted the position as golf course and grounds superintendent, succeeding retiring Fred Theus. Wheeler most recently served as the golf course superintendent at TPC Sawgrass – Dye's Valley Course.

Wheeler will direct and oversee the maintenance of the signature championship golf course designed and built by Arnold Palmer and Ed Seay in 1988. Renovated in 2016 by Greg Letsche, the par-72 course totals 7,141 yards from the back tees and boasts nine teeing grounds for playability from all skill levels. He will also oversee the 40 acres of common grounds in this private equity seaside community with 577 single-family homes.

"We are thrilled to welcome Shannon into this role," said Jayne Evans, president of The Plantation at Ponte Vedra Beach. "He brings more than 20 years of superior golf course maintenance to our community that will ensure our course and facility touts top-notch conditions for a fun and

challenging experience."

Before joining TPC Sawgrass – Dye's Valley Course, Wheeler held superintendent positions at various courses in Florida, including Fernandina Beach Golf Club, Wycliffe Golf and Country Club in Wellington, Fountains Country Club in Palm Beach County, The Club at Admirals Cove in Jupiter and St. Andrews Country Club in Palm Beach County. He is a graduate from North Carolina State University with a Bachelor of Science in business management and an Associate of Applied Science degree in Turfgrass Management. Wheeler also is a Class-A member of the Golf Course Superintendent Association of America and past president of the Palm Beach Golf Course Superintendents Association.

"I'm proud to join The Plantation community," Wheeler said. "During my career, I've had the opportunity to experience tournament golf highest level and on the largest stage. I look forward to bringing that knowledge with me to this this pristine golf course and property."

Pappas

Continued from 33

with me, as I note with grave displeasure that for most of my life I was kind only when it suited me; when it was easy or convenient. Perhaps because I am in the later stages of my life, I am reminded of my past shortcomings, so that I can become a better person in the future. Nevertheless, there is abundant research that shows the most direct route to happiness is kindness.

If I extend kindness, it makes me happy.

If I am on the receiving end of kindness, it makes me happy. If I witness kindness, or even read about it, it makes me happy. Why is something that appears so simple; being kind; so difficult for so many of us? I suggest that if we focus on the blessing of the sun shining on our face vs. shining on our grave ... it is enough to make us all happy and thankful!

Happiness is not obtained by the pursuit of happiness but rather by living right. They are in the moment. There is fun in the moment. End of story. We would be wise to take more of our cues from the beasts and babies.

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Butterfield Garage holds PAM Jam throughout November

Inaugural event brings together poets, artists, musicians to share stories

By Holly Tishfield

This month at the Butterfield Garage Art Gallery a group of passionate poets, artists and musicians came together to create pieces for the inaugural PAM Jam.

Although the name is short, the history behind PAM Jam is anything but.

Originating as the brainchild of Chris Bodor and Loretta Leto (two long-standing members of the Ancient City Poets) and artist Cindy Wilson, this year-long cultivation story began as a way to encourage artistic expression and spread joy in the community.

Members of the Ancient City Poets teamed up with artists from the Butterfield Garage and set loose to collaborate on new and exciting pieces.

“The poems had to have an element of imagery,” said Bodor, poetry coordinator and participant in PAM JAM. “They had to tell a story.”

Bodor chose to write his poem about a dog adoption story in Jacksonville, and once he was happy with the result, he turned it over to artist Laura O’Neal, who then used Bodor’s words to create a striking painting.

“Now we have the ‘p’ for poetry, and the ‘a’ for artist, so all that is left is a musician,” Bodor said.

As both poets and artists finished collaborating, they handed their combined works over to a musician to be turned into a song. Bodor’s words and O’Neal’s painting were used as inspiration for bluegrass band Skin & Bonz in its song, “Present Moment Bliss.”

The original idea for PAM JAM was to host a live concert where musicians would perform their new songs in front of live audiences, but when the COVID-19 virus hit, plans changed.

Instead of trying to arrange a restricted concert at the Butterfield Garage, the founders of PAM JAM decided that pre-recording the songs as music videos would allow gallery guests a better opportunity to appreciate the culmination of all three collaborations at once.

While browsing the artworks at the Butterfield, guests can find QR codes with links to the coordinated music videos posted next to the poetry pieces.

Members of the PAM JAM are coining the event the “perfect pandemic project,” because despite the aspect of collaborating, participants were still able to work efficiently while isolated.

“It was not something that was born from the ashes of the pandemic, it is something that carried on through the pandemic,” Bodor said. “It was just a fantastic experience.”

In the future, members of the



The band Skin & Bonz turned a poem by Chris Bodor into a song and performed it in a video featuring “Molly,” the inspiration for smiling dog in the corresponding painting by Laura O’Neal.



PAM Jam Poetry Coordinator Chris Bodor addresses Butterfield Garage artists and Ancient City Poets in January of this year.

Ann Arbor poet Shutta Crum shares her poem at a recent gathering of the Ancient City Poets. Ancient City Poets has hosted open mic readings on the last Sunday of the month since August of 2009, and since March online through Zoom due to the COVID-19 pandemic.



Ancient City Poets have plans to host similar PAM JAM events in both the Jacksonville and Ponte Vedra areas.



Poet Robert Waldner (from left), PAM Jam Coordinator Loretta Leto and poet and playwright Lee Weaver

Photos provided Chris Bodor

For now, all 18 poems and pieces of art are on display at the Butterfield Garage in St. Augustine throughout

November, and the 18 coordinating music videos can be found on the PAM Jam website at pam-jam.com.

Sports

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Ponte Vedra, Nease get rare chance to reset

Sharks play at Columbia;
Panthers go to Oakleaf for
rematch in football playoffs

By Don Coble

First there was COVID-19, along with the delays and uncertainty that followed.

Then came the injuries and the unexpected resignation of Ponte Vedra High head coach Jeff DiSandro.

What followed was even more bewildering — even more injuries, a regular-season-ending three-game losing streak and a tropical system called ETA.

“I’ve been doing this since 1995, and

I’ve never seen anything like this,” said PVHS interim coach Brad Kessel.

Like every other program in Northeast Florida, local teams also have been forced to adjust to the threat of contact tracing — and the mandatory quarantines that come with it — for the coronavirus.

Despite all the turmoil, the Sharks will wipe the slate clean when they play at Lake City Columbia at 7:30 p.m. Friday night in the first round of the Class 6A playoffs.

Nease will get the same reset. The Panthers play at Oakleaf Friday in the Class 8A playoffs.

Nease (1-7) lost at Oakleaf two weeks ago, but the Panthers were without several key starters, including quarterback Will

Cain and running back Taliek Golphin.

While Oakleaf was 6-3 in the regular season and coming off a stunning upset of unbeaten Clay High, 41-14, a week after it beat the Panthers 35-14.

But like Ponte Vedra, the Sharks and Oakleaf are starting over again in the postseason.

After winning five of its first six games, the Sharks lost their last three. A big part of that was the loss of quarterback Jacobi Myers, who suffered a lower leg injury in the fifth game.

He hasn’t played since.

“COVID has been its own little challenge,” Kessel said. “We’re glad to be back to even again. We have a chance to be

young again and have fun.”

Injuries have been especially tough. Not only was Myers benched by his injury, so were senior wide receiver Alex Madson, tight end Jacob Greer, senior lineman John Louis Mazzella and defensive back Mason Romero. Kessel said of the group, Ramero may be able to play Friday.

“We haven’t started the same 22 kids since Game 1,” Kessel said. “There are so many injuries, it’s hard to remember all of them.”

At the same time, Kessel said the Sharks have remained resilient.

“There are no excuses,” he said. “We’ll go out and do our best. For us, that means we have to get back to having fun.”



Nathan Levinson, 9, hit a hole-in-one on the par-3 No. 16 hole at the Ponte Vedra Inn & Club.

9-year-old hears hole-in-one at Ponte Vedra Inn and Club

Nathan Levinson couldn’t see his first hole-in-one. He heard it.

The 9-year-old hit his driver at the 97-yard par-3 16th hole at Ponte Vedra Inn and Club. A setting sun and a mound that served as a deep lip between a bunker and the green kept the son of PGA TOUR Senior Vice President for Tournament Administration Andy Levinson from seeing the ace.

The ball cleared a lake and the large bunker and disappeared over the horizon.

A group standing on the 17th tee box not only saw it, they yelled.

“When the guys in front of us started yelling, we knew the ball went in and we went crazy,” Nathan said. “I was super excited.”

One of Nathan’s first calls was to his grandfather, who has two holes-in-one.

PVHS volleyball going for 3rd state title in 4 years

Sharks to play Jensen Beach for 5-A championship

By Don Coble

Defending state champion Ponte Vedra is back on familiar ground — in another state championship game.

The Sharks eliminated Ocala Vanguard last week to earn a spot in the Class 5A finals against Jensen Beach on Saturday, Nov. 14, at the Suncoast Credit Union Arena in Fort Myers.

The first serve is set for 1 p.m.

Considered a national powerhouse, Ponte Vedra now has won all 26 matches this year and 35 overall — including 34 sweeps — dating back to last season. The Sharks also won the state championship in 2017.

This year’s group may be the best yet, according to head coach Robin Mignerey.

“We have a talented team,” she said. “It’s not easy when everyone’s hunting for you. Now we’re down to one game.”

The Sharks are led by senior outside hitter Amy Burkhardt. She leads the team in kills (210).

But Ponte Vedra has other key players, including junior outside hitter Rachel Johnson (181 kills), sophomore middle blocker Zeta Washington (146 kills), sophomore setter Jessica Shattles (176 points

from serves and 705 assists), freshman middle blocker Chelsea Sutton (45 blocks), junior forward libero Ava Witt (261 digs), junior outside hitter Kendall Mignerey (204 digs) and sophomore middle blocker Zeta Washington.

“We have a lot of weapons,” Mignerey said. “There’s not a lot of pressure on one person. We’re not one-dimensional.”

The playoff brackets were determined in a blind draw. Despite being the defending state champion — and being ranked 13th nationally — the Sharks were forced to compete in a play-in game.

“It’s been a long four weeks,” Mignerey said. “When we started, we knew we had to win eight games. We’re 7-0 so far.”

Jensen Beach could be No. 8.

The Falcons are 20-1 and on a 17-game winning streak. Jensen Beach earned its spot in the finale by eliminating Tampa Robinson, 25-23, 25-21, 25-17.

“We’ve had a good environment this week in the gym,” Mignerey said. “I think that will help. Some of our players have been here before. We have others who will be trying to win their first [championship]. The keys is to not overthink everything.”

Jaguars win battle for AFC South cellar; lose war to Texans 27-25

By Mike Bonts
Special to the Recorder

Sunday's game between the Jacksonville Jaguars and AFC South rival Houston would be for last place in the division.

Both teams entered the game 1-6. Texans quarterback Deshaun Watson's performance translated to a 27-25 win over Jacksonville. Watson completed 19-of-32 passes for 281 yards, two touchdowns and no interceptions.

Houston (2-6) beat the Jaguars (1-7) twice in the same season for the 10th time in franchise history and sent them into the division cellar.

The positive story for the Jaguars was the play of rookie quarterback Jake Luton, subbing for an injured Gardner Minshew.

Luton ran for a 13-yard score to bring the Jaguars within two points in the final minutes of the game. He completed 26 of 38 passes for 304 passing yards and two touchdowns, one rushing, one passing.

"I felt confident," said Luton. "We talked on the sideline when we came out and I just told them 'Hey, just do your job. If all 11 of us do our part every play, we don't have to press, we don't have to go super-fast, just do your job and we'll drive it down field.'"

His performance marked the most passing yards by a rookie QB in their debut in Jaguars history. Luton is expected to start Sunday against Green Bay.

"He'll get better the more he plays," said Jaguars head coach Doug Marrone. "That was really like preseason game one as far as getting out there and going to play. He did some good things."

His first completion of the game and his career came on a 73-yard touchdown to wide receiver DJ Chark Jr., marking the third-longest completion by a rookie signal caller in franchise history and the

longest completed pass by any rookie in the NFL this season.

"Yesterday (Sunday) was a good indication of what we'd like to see going forward," said Marrone about Chark. "DJ's done a good job. We haven't thrown as well at times this season. That might have been due to Gardner's injury when he was in there playing. We were able to throw yesterday and he made some big plays. He did a really good job of stretching the field for us."

Chark caught seven passes for 146 yards. His 73-yard TD catch on Jacksonville's third play from scrimmage was the longest reception of his career and the longest reception by any Jaguars player since wide receiver Donte Moncrief scored on an 80-yard reception in 2018.

Kicker Josh Lambo connected on two field goals, including a 59-yarder, tying Josh Scobee's franchise record for the longest field goal in team history. Lambo sustained a hip injury against the Texans. On Monday, the Jaguars placed Lambo on the reserve/injured list. This marks Lambo's second time on the list this season, so he is not eligible to return in 2020.

Running back James Robinson finished with 25 rushes for 99 yards. He scored his seventh TD of the season on a one-yard plunge.

Linebacker Myles Jack led the Jaguars with 11 tackles, including one tackle for loss, and has now tallied double-digit tackles in four of six games this season. Jack also forced the second fumble of his career which was recovered by defensive tackle DaVon Hamilton for the first fumble recovery of Hamilton's career.

On Monday, the Jaguars released safety Doug Middleton. The Jaguars also signed offensive lineman Garrett McGhin and kicker Aldrick Rosas to the practice squad.

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- 1. Glamour's partner
- 6. Prime time monitor, acr.
- 9. Prelude to a duel
- 13. Video killed this type of star?
- 14. Orinoco or Grande
- 15. Temple Square performers, e.g.
- 16. Set straight
- 17. *Thanksgiving is on the fourth Thursday in this country
- 18. Filthy dough
- 19. *Opposite of Thanksgiving, traditionally
- 21. *The day's offering
- 23. Declare
- 24. Unacceptable in a juror
- 25. Fire fuel
- 28. Thé alternative
- 30. Jumped or leapt
- 35. Chipping choice
- 37. Plural of #25 Across
- 39. Coupon clipper, e.g.
- 40. A woodwind

- 41. Vernacular
- 43. The brightest star
- 44. One born to Japanese immigrants
- 46. a.k.a. leaf cabbage
- 47. Capital on the Dnieper
- 48. Rear of a ship, pl.
- 50. Boisterous play
- 52. Not sweet, as in wine
- 53. Has divine power
- 55. None intended, often
- 57. *Macy's offering
- 60. *34th Street offering
- 64. Relating to pond scum
- 65. Highest card in "War"
- 67. Blood of the gods, Greek mythology
- 68. Like unbagged tea
- 69. Female
- 70. Thousands, for short
- 71. Microsoft browser
- 72. *What we do on Thanksgiving
- 73. ____ welcome!
- 8. Raccoon's South American cousin
- 9. Give the cold shoulder
- 10. Locket content, traditionally
- 11. Snob puts these on
- 12. Prior to
- 15. Necklace fasteners
- 20. Spiral-horned African antelope
- 22. ____-been
- 24. Mendicity
- 25. *Thanksgiving Day football hosts
- 26. Galactic path
- 27. One in a gaggle
- 29. *Utensil absent at Pilgrim's table
- 31. Colonel or captain
- 32. Steer clear
- 33. "When pigs fly!"
- 34. *Condiment of the day
- 36. ____-do-well
- 38. Without help
- 42. Allegro and lento
- 45. Get some air
- 49. Seed alternative
- 51. Jonathan Franzen's 2015 novel
- 54. Rental agreement
- 56. Chip snack
- 57. Weary walk
- 58. Bug-eyed
- 59. Tear down
- 60. Track competition
- 61. Cabbage in France
- 62. Displeasure on one's face
- 63. Gaelic tongue
- 64. Draft choice
- 66. Repeated Cuban dance step

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