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PONTE VEDRA



Recorder

November 18, 2021

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BEST IN SHOW

Sam Joiner and his 1961 Mercedes-Benz 190SL were named the overall winners at the 2021 Ponte Vedra Auto Show.

FOR MORE PHOTOS AND STORY, GO TO PAGES 4-5



Photo by Anthony Richards



INSIDE: CHECK IT OUT!

The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



Here's to Healthcare

INSIDE



Leaving a Legacy

Pages 21-25



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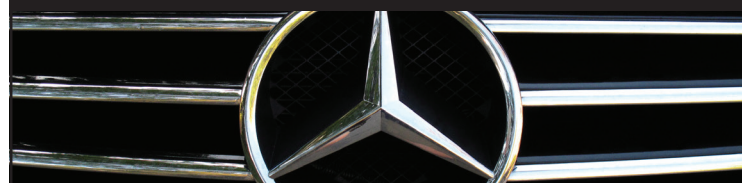
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INSIDE

One of Us

Page 6

In the Arts

Page 26

Business Weekly

Pages 27-28

Sports

Pages 29

Send us your news

We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening. If you have hard copies of photos you want us to feature, feel free to bring them to our office — we'll scan them and hand them right back. E-mail submissions to pvrecorder@opcfla.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



Visit our new website at www.pontevedrarecorder.com

Plus, find the Recorder on Facebook at www.facebook.com/ThePVRecorder

ADOPT A PET

Hopper

Hi, I'm Hopper. I'm a 1½ -year-old male terrier mix. I am up for adoption and am ready to start my new life with an awesome new "forever" family. I will need a family that is very patient and is willing to train me or send me to training as I am a very energetic boy. I will be best suited with a family that has no children. If you are interested in having a meet-and-greet with me, give The Pet Center a call.



Bells



Hi, I'm Bells, like Jingle Bells, but the fun part! I am a 2-year-old female domestic shorthair that was brought to the Pet Center as a stray. I recently had a litter of kittens, but sadly, they did not end up at the Pet Center with me, so I am feeling a little

low and just love it when someone stops by to visit me and give me chin rubs and cuddles. If you have room in your heart, I will fill it with joy this holiday!

St. Johns County Pet Center

Cat adoptions at the St. Johns County Pet Center 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 off U.S. 1 between County Road 210 and International Golf Parkway. Business hours are 9 a.m. to 4:30 p.m. Tuesday-Friday and 9 a.m. to 4 p.m. Saturday. 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, call the **St. Johns County Pet Center at (904) 209-6190.**

BRIEFS

St. Augustine craft breweries team up for Nights of Pints

Locally brewed beer for a cause! The 5th annual Nights of Pints runs Friday, Nov. 19, through Jan. 31 at four St. Augustine breweries — Old Coast Ales, Bog Brewing Company, Dog Rose Brewing Company and Ancient City Brewing.

Coinciding with St. Augustine's Nights of Lights, the event was started in 2017 by the breweries as a way to give back to nonprofit organizations in the area.

"We love giving back to the community with this event," said Courtney Murr, co-owner with husband Doug Murr of Dog Rose Brewery Company. "Nights of Pints is a fun way for friends and families to enjoy time together over a couple of St. Augustine craft beers."

The 2021 shirts feature the iconic St. Augustine Lighthouse, designed by The Skinny Lizard T-Shirt Printers. Past shirts have featured the Bridge of Lions, the City Gate, historic ships and the Castillo de San Marcos — all symbols of the Nation's Oldest City.

Shirts are \$30 and are available at any of the four

breweries. Each shirt comes with a punch card good for one free pint at each of the breweries between Nov. 19 and Jan. 31.

A portion of the proceeds will go to the St. Augustine Humane Society. The organization strives to eliminate the need for families to relinquish their pets to shelters, enabling pets to live happily and healthfully in their homes.

For more details, go to facebook.com/nightsofpints.

Democratic club plans holiday party

The Ponte Vedra Democratic Club will be celebrating the holiday season with a party at 6:30 p.m. Dec. 17 at Christ Episcopal Church, 400 San Juan Drive, Ponte Vedra Beach.

The event will be catered by Bono's Bar-B-Q. Admission is \$15. Beer, wine and soft drinks will be provided by the club. To purchase tickets, go to the Ponte Vedra Democratic Club Facebook page for the Eventbrite link. For additional information, email janetkary@gmail.com.

PUZZLE SOLUTIONS

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Ponte Vedra Recorder: Looking back over 52 years

THE PONTE VEDRA RECORDER
In Your Opinion
 What do you think can be done to improve auto traffic through the Ponte Vedra Beach-Palm Valley area?

Bernie Brewer
 "I think we've reached the point in time where they need to expand the number of lanes on A1A through Ponte Vedra and further south as well. With the tremendous growth in this area, we have put the cart before the horse. We're growing 10 times faster in housing and population than the roads will accommodate. This area will become like Blanding Boulevard, but there's no way to handle the congestion other than expand the road."

Jack Hinchey
 "Anything they do is going to be very difficult. There are no easy answers. I think the best idea I've seen so far is a new north-south road, but I wouldn't want to take anything out. As far as six-laning A1A, I think that would make it even more difficult to get out onto."

Donna McMoran
 "I don't know how expensive it would be, but maybe we could have a local shuttle service. It could operate all around the local area, stopping in neighborhoods, shopping centers, the library, offices. It could run on a regular schedule and people could use it for local trips. I do not like the idea of six-laning A1A."

John Henninger
 "I think six-laning A1A would help. It will destroy the ambiance of the area, but it could be landscaped and made more attractive. I'm not sure about the idea of a new north-south road because of the environmental issues involved, the wildlife habitat that would be destroyed, and the wetlands affected. That would be my concern."

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LEFT:
 In 1998, The Recorder gathered opinions about how to solve traffic issues in the area. Twenty-three years later, the roads seem busier than ever.

CENTER:
 An advertisement for Underwood Jewelers in 1981

RIGHT:
 An advertisement for Sawgrass in 1981

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Letters to Santa



We're accepting children's Letters to Santa for publication in The Ponte Vedra Recorder throughout December.

Letters can be hand-written and scanned or sent via email to news@pontevedrarecorder.com. You can also mail an original letter to The Ponte Vedra Recorder office at 1102 A1A N., Unit 108, Ponte Vedra Beach, FL 32082.

Please send your letters by December 6th for inclusion in our weekly holiday content.

Letters will be edited if necessary for publication. Please include your phone number in case there are questions.

Your Community Voice for 50 Years
PONTE VEDRA
Recorder
 904-285-8831



Photos by Anthony Richards

Jake Weisman and Justin Felker present Sam Joiner (center) with the 2021 Ponte Vedra Auto Show Best in Show Trophy in honor of Larry Weisman.

Big plans ahead

Joiner ponders Amelia, after winning Ponte Vedra Auto Show

By Anthony Richards

Sam Joiner showed up to the 2021 Ponte Vedra Auto Show not knowing what to expect, and he left with his 1961 Mercedes-Benz 190SL being named the overall winner.

The Ponte Vedra Beach resident has owned the car for 40 years after buying it in 1981.

Much like the way this year's show turned out, he began his car search 40 years ago not quite sure how things would end up.

"I was actually looking for an early 1960s Corvette and didn't know this car at all, but I saw a picture of it in Autotrader Magazine, because we didn't have internet back then, and I was very intrigued," Joiner said.

He went to look at it, and it did not take long before he realized it was the car for him.

"As soon as I drove it on the lot, I knew I was going to buy that car," Joiner chuckled. "I forgot all about the Corvette."

One of the things that Joiner has continued to love about his car all these years later is the visual appeal that it offers.

"I think it's one of the more elegant cars ever built," Joiner said. "I don't really consider myself a 'car person,' but I like what I like, and I really like this car."

After driving it around for years, he recently had it go through a restoration process in May.

Although he may have expected to take home the top prize, he is also not surprised because he knows the passion it brings out of people when they see the car.

"I got a lot of great reaction, and there were a lot of people that went gaga over it," Joiner said. "All the conversations I had with people were just very motivating."



Sam Joiner behind the wheel of his 1961 Mercedes-Benz 190SL.

Since the car was restored, Joiner has had several people tell him that he should consider taking the car to the Amelia Island Concours d'Elegance, which is considered one of the top automotive showcases in the world.

After winning this year's Ponte Vedra Auto Show, he is seriously considering doing just that. The next Concours d'Elegance is scheduled March 3 to 6, 2022.

"I've always thought that was so far above, but maybe next year, if the weather's good," Joiner said.

Joiner's Mercedes-Benz was chosen best in show among roughly 185 classic and modern vehicles that took part in the show.

"I didn't know what to expect, and I was pretty surprised at just how big it was," Joiner said. "It was so well done with the food trucks and how everything was run."

The show went smoother in year two of Justin Felker, with Art 'n Motion in St. Augustine, overseeing the event.

"We learned a lot from last year," Felker said. "The show field and food vendor situation were better organized. The crowd was really good, and the weather was fantastic."

A car lover's paradise

The following photos are from the 2021 Ponte Vedra Auto Show Nov. 14. The annual event was held at Nocatee Station Field and featured roughly 185 classic and collector cars that attendees and judges were able to get a close look at. Several vendors and food trucks were also on hand to add to the atmosphere.

Photos by Anthony Richards



The Batmobile was a popular car.



A wide range of classic and collector cars were at the 2021 Ponte Vedra Auto Show.



Cowabunga!



Several food trucks were on hand.



Attendees had the opportunity to get up close and personal with the cars.



The show was a family affair.



Jaguars were featured at this year's event.

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The NIGHTS OF LIGHTS and the park and ride shuttle are produced by the City of St. Augustine with funding assistance from the St. Johns County Tourist Development Council, but the success of the NIGHTS OF LIGHTS would not be possible without the wide participation of the St. Augustine Community.

ST. AUGUSTINE | ST. AUGUSTINE | PONTE VEDRA

Judge Lauren P. Blocker of the 7th Judicial Circuit was one of nine judges appointed by Gov. Ron DeSantis to fill new vacancies created by the Florida Legislature. She recently joined the court in St. Johns County and took time to speak with The Recorder about her new role.

Judge Lauren Blocker

As told to Shaun Ryan

Tell me a little about your background, your education and the road to your current position as judge.

It's a little bit of a winding road. I went to the University of Florida for undergraduate, and I got a degree in environmental science, and I minored in Italian. Then, I went to Florida Coastal for law school. I was able to intern for a circuit court judge in Jacksonville and in the Florida Supreme Court with Justice Polston.

After law school, I worked for a couple of solo practitioners. They had a high volume of work. My goal was to find a judicial clerkship, which I was able to do with Judge (Marcia Morales) Howard in the Middle District. That was in October 2011.

Typically, clerkships are only two years, but I really enjoyed the complexity of the work and the variety of work. ... It's a great experience, so I stayed with Judge Howard for four years, and then was able to do a year with Judge (Patricia) Barksdale, who's a magistrate judge. ...

Then, I went in-house, which was a great experience. I went in-house with Southeastern Grocers. They're the parent company of Winn-Dixie. I was able to do a variety of different things, compliance to contracts.

And then I was at FIS (Fidelity Information Services), which is a Fortune 500 company.

When this opening came up — this is the first new position we've had since, I believe, the 1970s — I decided to apply and was lucky enough to get the position. ...

I really just have a wide variety of legal experience, and I felt like that would actually translate well to the county court bench, because in county court you're doing different things every day. So, it just seemed like it would be a good fit.

What kinds of cases do you preside over?

I am doing both civil and criminal. There were two county court judges. Now there are three, so everything is being split three ways. On the criminal side, it's misdemeanors. And on the civil side it can be evictions, small claims, civil disputes ...

Which court are you associated with?

The circuit is the 7th Judicial Circuit. The way that it works is you have county courts and then circuit courts, and then above that are the appeals courts. The county and the circuit are the trial courts.

The 7th Circuit, you could have a judge that's sitting in St. Johns like Judge Maltz. He's a circuit civil judge. But he is basically representing the entire circuit, which is St. Johns, Volusia, Flagler and Putnam.

Each of the counties are broken down into different circuits. And then, every county has at least one county judge in addition to circuit judges. I'm a county court judge.

What are some of the challenges to being a judge?

Having to reach decisions quickly, because of the volume. You just don't have as much time as you'd like, probably.

I think that everybody here works very hard, and I'm excited to be a part of the team. Everybody has been very welcoming, and I just think we're blessed to have the



experienced judges that we do. I'm looking forward to learning from them and assisting them in bringing cases to resolution.

What do you find most rewarding about what you do?

I think it is when people are able to reach an agreement. They tend to be happier than if one side gets a ruling further down the line.

I think just being able to allow people to have their cases heard and get their day in court.

What do you like most about living here?

I actually live in Nocatee. I think we're technically Ponte Vedra. I think this area is fantastic. I think it's one

of the best places to live. We have a great community. We have the beach. We have the historic St. Augustine, and places like the Alligator Farm. It's just a great place to raise a family.

How do you like to spend your free time?

When it's football season, going to college football games. We're big Gator fans. Otherwise, just kind of doing activities with our kids. Like I mentioned, the Alligator Farm, and they are playing sports now. So, that sort of thing.

Also, I've recently gotten into sporting clays, you know, when you do the skeet shooting. Going to Saltwaters (Saltwaters Shooting Club).



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Photo by Shaun Ryan

BridgeHaven student Brady Wright, left, works with teacher Kieran Ahearn to beautify the veterans' garden at American Legion Post 233.



Photo courtesy of American Legion Post 233

Volunteers pose for a photo at the dedication of the veterans' garden at American Legion Post 233 in 2012.



Photo by Shaun Ryan

BridgeHaven student Lanier Weed, right, helps teacher Hope Delemeester place a U.S. flag in the veterans' garden at American Legion Post 233.

BridgeHaven students beautify veterans' garden

By Shaun Ryan

The memorial garden at American Legion Post 233 in Palm Valley was a busy place Wednesday, Nov. 10, when the students from BridgeHaven Academy and Communication Clinic visited to beautify it.

The garden, originally dedicated on Aug. 9, 2012, had gotten somewhat unkempt and lost some of its initial beauty. "It was supposed to be a space for

veterans to be able to come out here, have a little bit of quiet time and reflect," said post Commander Caroline Merillat. "As stuff gets a little overgrown, it doesn't feel very peaceful."

But the students have transformed the garden, first visiting in October to clean it up and then arriving the day before Veterans Day to perform some maintenance.

"We want this to be a place for veterans to come and have that moment to remember — remember those that have passed,

remember those that have fallen — and to be a place of peace, comfort and serenity," said Lynn Yeager, BridgeHaven Academy executive director.

The private, not-for-profit school is for students with autism. It arose out of a need to meet the academic needs of Yeager's son and officially opened its doors in January 2017. Today, it has eight students, who are taught in grade-level classes. The school also works with families during its communication clinics to educate them on different methods of communicating with a child with autism.

The students, many of them nonverbal, enjoy meeting the veterans and learning about their lives and the programs the American Legion offers.

When they saw that the garden could benefit from their contribution, they selected it as a service project.

"Our students indicated that they wanted to be seen as individuals and not be defined by their autism," said Yeager. "They indicated that they wanted to be involved in service projects and giving back to the community."

The partnership between the American Legion post and BridgeHaven Academy has been mutually beneficial.

"As a lot of people know, the American Legion is about veterans, but what they don't know is that we're also about children, youth and community," said Merillat.



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28th annual Nights of Lights begins with Light-Up! Night

The City of St. Augustine kicks-off the 28th annual Nights of Lights season on Saturday, Nov. 20, with a Showtime USA dance troupe performance followed by the All Star Orchestra.

The lighting of the city's holiday tree and canopy of live oak trees around the Plaza de la Constitución begins promptly at 6:30 p.m. The Nights of Lights continues through Jan. 30.

Here's the Light-Up! Night schedule:

- **4 p.m.** Showtime USA, Parque de Menendez, St. Augustine City Hall, 75 King St.
- **5:30 p.m.** All Star Orchestra, Gazebo, Plaza de la Constitución
- **6:30 p.m.** Lighting Ceremony, Gazebo, Plaza de la Constitución

Turning the switch to light the city's tree will be Jennifer Wills, program coordinator for Care Connect+, the social health organization of Flagler Health+.

Dr. Javier Aduen, a critical care physician who leads the intensive care provider group at Flagler Hospital, will turn the big switch to light the city.

The City of St. Augustine is once again offering a free park-and-ride shuttle during Light-Up! Night and on peak Nights of Lights dates.

The shuttle service will continue Nov. 26 and 27 and then every Saturday in December — except Christmas Day — and the five days following Christmas. In consideration of the Christmas Parade on Dec. 4, shuttle operations will begin at 8 a.m.

Here's a look at the parking locations out of which shuttles will operate:

North of downtown

- St. Johns County Health Department, 200 San Sebastian View
 - The San Marco Lot, 301 San Marco Ave.
- Times:** 1-11 p.m. Drop off and pick up at Visitor Information Center, 10 S. Castillo Drive.

West of downtown

- Broudy's lot, 198 and 212 W. King St.
- Times:** 1-11 p.m. Drop off and pick up at Visitor Information Center, 10 S. Castillo Drive.

Light-Up! Night Special Island Shuttle

- Anastasia Baptist Church, 1650 A1A South

- St. Augustine Amphitheatre, 1340-C A1A South
 - R.B. Hunt Elementary, 125 Magnolia Drive
- Times:** 4-11 p.m. Drop off and pick up at east end of Bridge of Lions.

Road closures and restricted parking

- Cathedral Place, Cordova Street to Avenida Menendez. Parking prohibited all day; street

closed to vehicles 5-8 p.m.
 • King Street, Cordova Street to Avenida Menendez. Parking prohibited all day; street closed as determined by police to ensure pedestrian safety.

In the event of any changes in the program, updates will be posted at CityStAug.com and on the City of St. Augustine

Facebook page at Facebook.com/CityStAug.
 Traffic updates and road closures will be posted on the St. Augustine Police Department Facebook page at Facebook.com/StAugPD.
 For more information about the Nights of Lights season, go to NightsofLights.com.

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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

"Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul." – Luther Burbank



Kathy Esfahani

Garden Decor – How to Spruce Up your Garden

There are numerous ways to utilize garden art and garden décor to spice up your prized garden. There are infinite ways to add your own personal style to any garden or landscape. You can start by looking for items to use around the house, stuffed in a closet or simply abandoned in your storage shed.

Garden art is important in displaying one's own personal taste and style. Choices of planting options — as well as design — are often obvious. How you choose garden art to really spice up your garden's décor, and to accentuate your landscape?

Using works of art in your garden or landscape provides an open canvas for the imagination. Art in the garden puts emphasis on the differences between na-

ture and composition, yet it also marries the two aspects.

Fitting Art into your Garden or landscape

Garden schemes reflect the gardener. Making a whimsical garden, especially when young children are around — enhances your dreams and playful spirit. For instance, a fairy garden makes the perfect place to fulfill dreams. For adults in the family, a favorite hobby might be reflected in a simple zen garden enhanced with artificial statues, such as the ever-popular pagoda, birdbath, angel or cherub. Art in the garden is personal and should suit your tastes by all means.

Read more about how art fits into gardens at <https://www.gardeningknowhow.com/garden-how-to/design/ideas/adding-art-in-the-garden.htm>.

Purchase art to place in your garden

Bird feeders and houses can attract a variety of birds and hummingbirds into your garden. They will keep coming back as you are a consistent source of food.

You can also use a bird bath to bring flying friends into your yard.

Butterflies will also be attracted to bright colors and their favorite-smelling flowers. Garden centers, independent arts-and-crafts festivals and garden shows

abound with examples. Yet simple, homemade art also stands center stage.

Some easy examples the whole family can create might be: bottle art, paving stones (embedded with colorful stones, marbles and seashells). Use colored cement before it hardens, or place little hands in the stuff to memorialize childhood. Either go freeform or stencil out the design prior to painting, which transforms an old fence and brightens dark garden spaces. Create a mosaic — use different materials, like bricks, stones, pavers, various types and colors of gravel or sand. Plant in unusual items, such as a discarded tea pot, an old watering can or a wheelbarrow. When painted and planted, even a toilet can be an unusual and whimsical art installation.

Consider who will view your garden art. Do you want it in front where every-



Garden Decor Bike

Photo by Jon Michaelsen

body can appreciate it, or in the backyard for the enjoyment of friends and family? Consider using garden art as focal points to accentuate attractive areas. Consider placing lawn art in a forgotten spot. For example, a dark, moist area where nothing will grow may be an ideal site for a colorful mushroom or capricious frog.

Go and get creative.

Read more about how to use lawn ornaments effectively at <https://www.gardeningknowhow.com/lawn-care/lgen/using-lawn-ornaments.htm>.

Flower of the Week: Vinca

FLOWER OF THE WEEK

Vinca



Photo provided by Kathy Esfahani

Please email Kathy at kcg.pvr@gmail.com for any questions or gardening tips you would like to see in the future.

For more information & ideas, visit our Nursery in Ponte Vedra Beach. Kathy's Creative Gardens & Nursery 196 N. Roscoe Blvd. 904-655-7373

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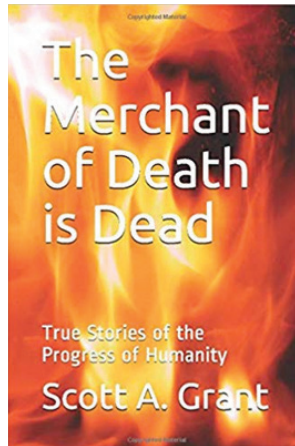
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Nocatee community honors local WWII veterans with presentation



Contributed photos
Scott A. Grant's book, "The Merchant of Death is Dead: True Stories of the Progress of Humanity."

On Nov. 10, Nocatee Crosswater Hall Director David Ray invited local historian Scott A. Grant to give a presentation for Veterans Day week. Almost 200 Nocatee residents attended to hear about an incident when German forces attacked a ship off the First Coast during World War II.

Grant detailed the German U-boat attack on the SS Gulfamerica, which killed 19 men four miles off the coast of Jacksonville Beach within view of thousands of beach and boardwalk visitors.

Grant then segued into the tale of Nazi spies who landed a few months later in Ponte Vedra Beach and their mishaps, which led them to the electric chair.

Ray and his Nocatee staff handed out three plaques to celebrate the lives of WWII veterans living in their community: Frederick Hoerl, U.S. Coast Guard second class petty officer 1942-1946; Jean Whitley, U.S. Navy PHOM2-C 1944-1946; Joseph D'Aoila, U.S. Navy.

"Nocatee hosts over 250 events and activities each year for our residents," said Ray. "However, this event was special as we were able to honor our WWII veterans living in the community while learning about the local impacts from an historic time. Scott Grant continues to deliver interesting and informative historical presenta-



Scott A. Grant gives his presentation on local history for an audience in Nocatee.



Almost 200 Nocatee residents attended the recent presentation by Scott A. Grant.

tions that are always a resident favorite."

Don Prince, a veteran who fought in Korea, brought a footlocker full of original newspapers from World War II for guests to view.

"I thought it was very interesting," he said of the presentation. "I think he touched quite a few folks in there. A number of them had a few different versions of the stories that they got to match up to the facts Scott presented."

After the presentation, 12 guests reached under their seats to find out they had won door prizes. Grant gave away his latest book, "The Merchant of Death is Dead: True Stories of the Progress of Humanity," and signed the books for the winners.

Grant's book is available at [amazon.com/Merchant-Death-Dead-Progress-Humanity/dp/1797730975/ref=sr](https://www.amazon.com/Merchant-Death-Dead-Progress-Humanity/dp/1797730975/ref=sr).

In the book, Grant shares some of his favorite col-

umns. Stories in the book include those of inventor Alfred Nobel, writer Zora Neale Hurston, football player Deacon Jones, surgeon John Snow, adventurer Annie Edson Taylor, visionary Benjamin Franklin, swimmer Gertrude Ederle, clothing designer Tommy Hilfiger, General James Doolittle, golfers Johnny Miller and Jack Nicklaus, athletes "Bullet" Bob Hayes and Mack Robinson and First Lady Frances Cleveland, plus events such as the discovery of the South Pole, Nazi spies landing on a North Florida beach and economic bubbles through the years.

Grant studied economics and history at Cornell University before working on Wall Street. He later earned a law degree from Rutgers University. Over the last 14 years, he has been a regular columnist for two newspapers and has perfected several history presentations.

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Veritas Classical School received \$71,000 grant

Veritas Classical School recently received a \$71,465 grant from The Snodgrass Family Foundation. The funds will be used to equip the new school building with furniture and equipment for the music room, art room, library, cafeteria and science lab, said Andrew Smalley, head of school for Veritas Classical School.

According to the school's mission statement, Veritas Classical School exists to train students to master a core body of knowledge, reason clearly and articulate effectively. This new space will allow them to continue to build toward this legacy in the community and instill a lifelong passion for learning in their students: capable of discerning truth, appreciating goodness and recognizing beauty.

The school's enrollment for the 2021-22 academic year is 145 students in kindergarten through grade 10. The school welcomed 40 new students this year. The first graduating class will be in 2024.

At the new campus, students will have larger spaces for recess, a designated library space and



The Snodgrass Family Foundation recently presented Veritas Classical School with a grant for more than \$71,000.

Contributed photo

specialized classrooms for their fine arts classes. There will also be a science lab and a designated indoor dining area that doubles as a chapel space. Once a nursing home, this building has been fully renovated to the required specifications to make it a first class building in which to provide a distinctive classical and Christian education.

"We are deeply humbled by this very generous support from the Snodgrass Family Foundation," said board chair Matt Baker. "This is the first gift from a charitable foundation that Veritas has ever received. The commitment, and the confidence that it shows, are a powerful affirmation that Veritas is heading in the direction that was envisioned for it just over five years ago."

The Snodgrass Family Foundation supports community, faith-based and not-for-profit organizations with their capital improvement and equipment needs.

For more information, go to veritasclassicalschool.org.

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HERE'S TO HEALTHCARE

14 Atrial Fibrillation: Don't dismiss this common heart condition

15 Dedicating an IRONMAN to a fallen veteran

16 Tips for healthy dressing

18 Surgery center projects partner Flagler Health+

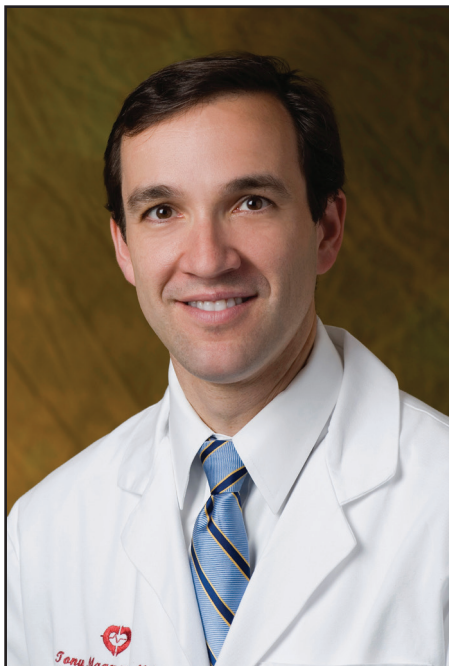
19 Baptist Health first in region to use Synergy Megatron stent for high-risk heart procedure



Recorder

THURSDAY, NOVEMBER 18, 2021

Atrial Fibrillation: Don't dismiss this common heart condition



Dr. Anthony Magnano

By Anthony Magnano M.D.

Ascension St. Vincent's Riverside

According to a study published in the Journal of the American Heart Association, people over age 40 have a 1-in-4 lifetime risk of developing atrial fibrillation.

Often referred to as "AFib," this irregular heartbeat increases risk of stroke by five times and doubles the risk of heart-related deaths. Unfortunately, it's estimated that up to half of all patients don't realize they have this common heart condition. AFib is treatable and beatable, but awareness is key.

How AFib Affects the Heart

AFib is the most common sustained heart arrhythmia.

AFib may occur in brief and intermittent episodes, or it may be a persistent condition. It causes a rapid and chaotic heartbeat in which the atrial electrical signals can increase as high as 350 to 600 beats per minute.

In this case, the upper chambers of the heart, or atria, do not contract properly and blood pools in a cavity known as the left atrial appendage. The pooled blood can form a clot that travels to your brain's arteries, interrupting blood flow and leading to a stroke. Moving down to the lower chambers of the heart, or the ventricles, AFib can drive a fast and irregular ventricular contraction, which is reflected in an irregular and often rapid pulse. This irregularity in the pulse often results in symptoms of palpitations, fatigue, breathlessness and even reduced cardiac function (i.e., congestive heart failure).

Signs and Symptoms of AFib

AFib affects millions of Americans, but because many don't experience any symptoms, the condition often goes undiagnosed. These patients are only diagnosed through regular exams and screenings.

For those who do experience AFib symptoms, these can include irregular heartbeat or palpitations, lightheadedness or dizziness, shortness of breath, faintness or confusion, extreme fatigue and/or chest discomfort.

Many patients may dismiss these warning signs, especially if they seem to come and go or only last a short time. It's important to never take any risks with your heart. If you notice any of these symptoms, contact your physician immediately — and if you are in any sort of distress, such as severe respiratory difficulty or severe lightheadedness, call 911.

Causes and Risk Factors

AFib is most common in patients over age 65. Additional risk factors for developing atrial fibrillation include obesity, high blood pressure, sleep apnea, coronary artery disease, congestive heart failure, valvular heart disease, rheumatic heart disease, diabetes or metabolic syndrome, lung disease or kidney disease.

A family history of AFib can also be important, especially if it affects multiple family members at unusually young ages. However, AFib is so common that having a relative with AFib only slightly increases your chances.

Certain behaviors can also increase your risk for AFib. These include smoking and alcohol abuse. High stress levels and mental health conditions can also be a factor in atrial fibrillation.

Latest Treatment Options

Here in Northeast Florida, we're privileged to have access to cutting-edge treatments and technology, especially in the area of heart disease.

My team of cardiologists at Ascension St. Vincent's are highly experienced in catheter ablation for AFib. This is a non-surgical procedure that blocks abnormal electrical impulses causing the irregular heartbeat. It has been proven to perform more effectively than medication for some patients.

However, every case of AFib is different, which is why a tailored treatment plan is essential.

As mentioned, it is important to reduce the risk of stroke for patients with AFib. While warfarin was the standard treatment, my team participated in all the major studies leading to approval of newer anticoagulants that do not have food interactions, do not require close monitoring and are now the standard of care.

Many patients can manage AFib with oral blood thinners to reduce the risk of stroke. Unfortunately, anticoagulants carry a small risk of unintended bleeding which can become problematic for certain individuals.

At Ascension St. Vincent's, we also perform procedures with the WATCHMAN device that allow us to reduce the risk of stroke without putting patients at risk for increased bleeding.

Most recently, my team became the first in Florida and one of the first in the world to begin enrolling patients in the CHAMPION-AF Clinical Trial. We also did early trials of the second generation WATCHMAN FLX, and it is now in routine use at our center.

Take some time to discuss AFib with your loved ones. By raising awareness for this common heart condition, more people can find treatment to reduce their stroke risk and improve their quality of life. If you or a loved one may have a heart rhythm disorder, speak to your primary care doctor or cardiologist today.

Dr. Anthony Magnano is a Ponte Vedra resident and chief of cardiology at Ascension St. Vincent's Riverside. For more information on Magnano and his specialty treating atrial fibrillation, go to Healthcare.ascension.org.

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Dedicating an IRONMAN to a fallen veteran

Help support K9s for Warriors and mental health awareness



Dr. Ravi Patel

By Dr. Ravi Patel
Ophthalmologist at Florida Eye Specialists

The average IRONMAN time is 12 hours and 49 minutes. Thirteen hours of being alone with your thoughts and pushing yourself to the limits of endurance. I have spent thousands of hours training for my first full 140.6-mile IRONMAN competition, and I've had ample time to reflect on what's most important in life.

As a busy ophthalmic surgeon in Jacksonville, I routinely treat Navy service members, veterans and their families. Regrettably, I am well aware of the somber statistics around veteran mental health. Roughly 20 veterans die by suicide every day. This figure has likely been exacerbated by the pandemic.

These statistics have generally stayed at an arm's length until recently when I lost a friend — a veteran and a member of our local eye care community — to suicide. I know his mental state was greatly affected by the stressors of the pandemic. And as I think about all the thousands of patients I've treated, I can't help but wonder: Might there have been more, had they received help?

These thoughts are often where I have

found my mind wandering while training. That is why I am partnering with K9s for Warriors in my first IRONMAN competition to raise awareness of veteran suicide.

Staying Fit for Change

Training for the IRONMAN started years ago as a personal bucket list goal of mine. Pushing myself to the limit of endurance was a critical outlet in achieving balance in a hectic life. But it's become much more than that. After witnessing my friend's struggle, I realize how important it is to raise awareness for our mental wellbeing. It is well known that physical activity has been found to improve mental health. We need to encourage each other to stay active, to check in with our loved ones regularly and to take time for ourselves.

K9s for Warriors and Veteran Mental Health

K9s for Warriors is an innovative program with a mission to end veteran suicide. Local to Northeast Florida, it provides highly trained service dogs to military veterans suffering from mental illness. Since it was established 10 years ago, the program has helped restore the



Contributed photo

Training for the IRONMAN competition, Dr. Ravi Patel must excel at multiple disciplines.

lives of veterans across the country. My late friend cared for his own dog and was a huge supporter of K9s for Warriors as well. There is no better cause to help honor his memory and support deserving veterans currently in need.

IRONMAN continues on Page 17



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Tips for healthy dressing



Dr. Erika Hamer

You probably wouldn't connect getting ill with what you wear, but perhaps you should. When it comes to being healthy, you probably don't give your clothes or accessories a second thought. The reality is that what you wear or carry could play a crucial role in your health, even making you ill if you continually wear the wrong items, such as a heavy backpack or bag. Clothing fit is also an important consideration for health. Clothes or accessories that are too tight can constrict blood flow, reduce your range of motion and cause discomfort.

From your head to your toes, what you put on your body on a daily basis needs to be considered for total wellness. Below

are some of our recommendations for back-saving wear.

A Back Saver Wallet

Most men carry a wallet in their back pockets and in many cases it can be over a half an inch thick. Sitting on a half-inch wedge for hours at a time over a period of years is one of the most overlooked causes of spinal misalignments and spinal pain, including back pain, neck pain and even headaches. Our recommendation is to clean out your wallet and carry only what is really necessary. Ideally, switch to as thin a wallet as you can find or find one you can carry in your front pocket rather than your back pocket to avoid compromising your spine while seated.

A Healthy Backpack

Another important wellness-essential product is an ergonomically designed backpack. It is amazing how we can put thousands of pages of data onto a micro-chip smaller than the eye can see, yet kids are carrying backpacks that are heavier than ever filled with text books. Many schools are taking away kids' lockers, making the problem even worse. Some kids carry backpacks with 40% of their body weight or more. You can see them walking to school leaning forward to offset the weight on their backs. Until schools figure out a way to make the loads lighter, we recommend that you get a backpack that is designed to help you stand up straighter. Look for one with shoulder straps and inflatable lumbar cushion, which when properly adjusted redistributes the weight from the shoulders and upper back into the hips, promoting a healthier upright-standing posture.

Buy Good Shoes

Most people spend close to two-thirds of their life in shoes, so wearing shoes that fit well is very important. Our feet endure tremendous pressures daily. For example, an average day of walking brings a force equal to several hundred tons on your feet. Feet are subject to more injury than any other part of the body, underscoring the need to protect them with proper shoes.

Here is a quick guide to selecting the right shoes for your feet:

- Always have your feet measured while standing
- Always try on both shoes, and walk around the store in them
- Don't buy shoes that need a "break-in" period; shoes should be comfortable immediately
- Don't rely on the size of your last pair of shoes, as your feet may grow
- Shop for shoes later in the day, as feet tend to swell during the day
- Select a shoe with a leather upper, stiff heel counter, good cushioning and flexibility at the ball of the foot
- Try on shoes while you're wearing the same type of socks or stockings you expect to wear with the shoes
- If you wear prescription orthotics, you should take them along to shoe fittings

Orthotics

Your feet are the base that your body stands on. If your feet are weak or have structural problems, this can lead to problems in your knees, hips and low back, and can even cause headaches.

Many people wear orthotics because they are good for their feet, but orthotics

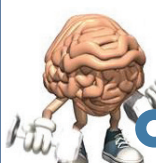


are even more important for those who experience pain after extended walking or standing.

The best orthotics are ones that are custom made for your specific feet. The measurements are taken with digital scanners to ensure that your feet, and therefore your foundation, are more firmly supported.

Please note that the orthotics and insoles that you buy at your drug store are not the same as the high-quality orthotics that you can have custom made, even though they look similar. Insoles may effectively reduce pressure by increasing the padding under your feet, but orthotics are customized and provide a foot-bed that is molded specifically for each of your feet based on their unique shape and size. Customized orthotics are also a worthy investment. Consult your health care practitioner about whether or not you should consider custom orthotics.

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



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IRONMAN

Continued from 15

Help Fundraise for K9s for Warriors

Please consider supporting my fundraiser when I compete in my first full IRONMAN on Nov. 21. Whether you donate \$10, \$1, or even pledge 10 cents per mile, my whole team at Florida Eye Specialists will appreciate your support. I know our community will come together to help reach our goal of raising \$5,000.

The epitome of the IRONMAN is proving that anything is possible. While this started as a very personal endeavor, now it's about raising awareness for everyone who struggles with maintaining their mental wellbeing. The idea that everyone is working to care for themselves and each other will push me to cross the finish line.

Donations to support the fundraiser for K9s for Warriors will be accepted at bit.ly/patel_ironman.

Dr. Ravi Patel, M.D., is a board-certified ophthalmologist at Florida Eye Specialists. He specializes in cornea, cataract and comprehensive eye care. For more information on Dr. Patel, visit FloridaEyeSpecialists.com or call 904-564-2020.

If you are in crisis or you think you may have an emergency, call your



Contributed photo

Training for the IRONMAN competition, Dr. Ravi Patel must excel at multiple disciplines.

doctor or 911 immediately. If you're having suicidal thoughts, call 1-800-273-TALK (8255) to talk to a skilled, trained counselor at a crisis center in your area at any time (National Suicide Prevention Lifeline). If you are located outside the United States, call your local emergency line immediately.



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Surgery center partners with Flagler Health+

Sovereign Healthcare and Dr. James R. Andrews, after announcing the formation of Andrews Ambulatory Surgery, have announced their first surgery center projects, which will be in Northeast Florida in a partnership with Flagler Health+ and local surgeons.

At least three surgery center projects will be developed, with additional opportunities to also be evaluated.

In August, Andrews announced an affiliation with Flagler Health+ whereby a new, state-of-the-art Andrews Institute will be developed on the grounds of the new Flagler Health+ campus in Durbin Park. A surgery center, among other services and programs at the site, will include orthopedic research and education, sports medicine clinics, rehabilitation centers, school-based programs and more.

The most recent announcement expands on that news and includes the role of Sovereign Healthcare, a strategy, development and management company. The new Andrews-Sovereign partnership will not only develop and operate the surgery center in Durbin Park, but will lead all surgery center efforts with Flagler Health+, including surgery centers in St. Augustine, Palm Coast and others being evaluated.

"We have ambitious plans to ensure we are meeting the needs of our community, and what excites us is when some of the foremost leaders in health – like Andrews and Sovereign Healthcare – see our vision and want to join us," said Jason Barrett, CEO of Flagler Health+. "These relationships will be very good for Flagler Health+, our physicians and the populations we serve."

"Flagler Health+ shares our commit-

ment to innovation, quality and patient-centered care," said Andrews. "Andrews Ambulatory Surgery will ensure that all outpatient surgery that is affiliated with Flagler Health+ is performed in the most advanced, highest quality settings, with the best staff and the absolute highest standards."

Ambulatory surgery centers have been an essential element on the health care landscape in helping to reduce the cost of care, while doing so in specialized settings that have extremely high quality. While many health systems have developed surgery centers, most still attempt to hold onto procedures that help their hospitals' bottom-lines, such as joint replacements, spine surgery and cardiovascular procedures. Flagler Health+ seeks to get these cases to the ambulatory setting where costs are lower.

The surgery centers will also include opportunities for physician investment, aligning interests of doctors around quality and efficiency. These opportunities will also allow physicians to join in surgery centers backed by the strength of a major health system.

"Through Andrews Ambulatory Surgery, we are seeing opportunities across the country, but joining with Flagler Health+ as our first venture should surprise no one," said Jeremy Hogue, CEO of Sovereign Healthcare. "Flagler Hospital is consistently ranked as one of the best hospitals in the country, they are locally governed, have a forward-thinking leadership team, serve one of the fastest growing regions in the country, and are moving fast to meet these demands. They are the perfect partner where we can bring our strengths and truly impact the community."



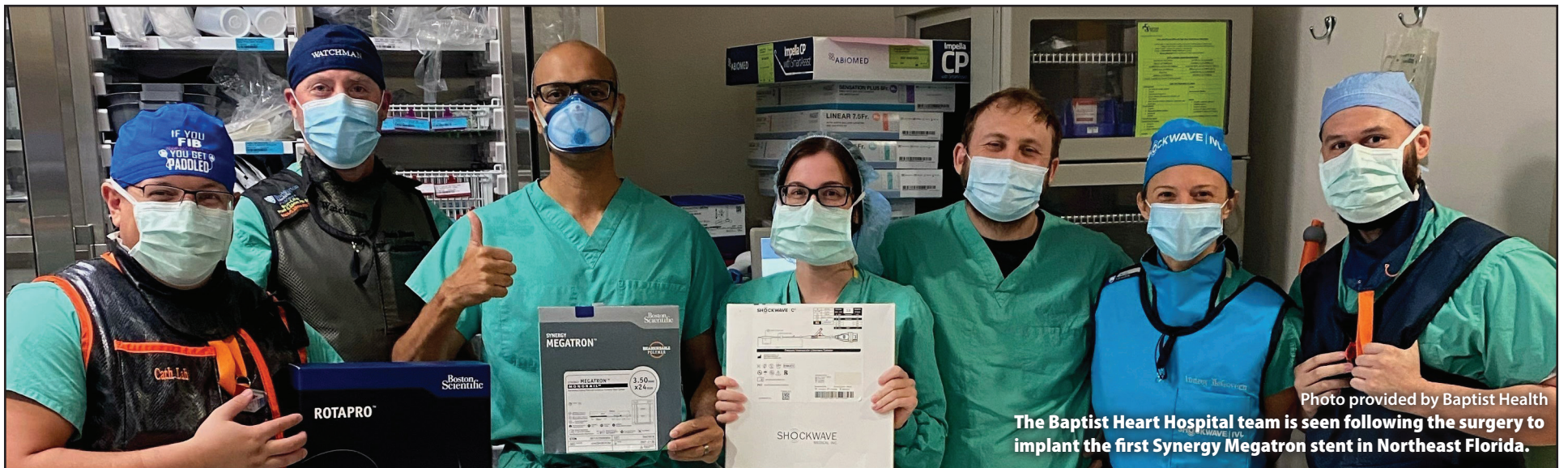


Photo provided by Baptist Health
The Baptist Heart Hospital team is seen following the surgery to implant the first Synergy Megatron stent in Northeast Florida.

Baptist Health first in region to use Synergy Megatron stent for high-risk heart procedure

Baptist Health cardiologist Salil Patel has performed the first procedure in Northeast Florida using Boston Scientific's Synergy Megatron stent during a recent coronary procedure to eliminate blockages in a patient's heart.

While stents are a common tool in this type of procedure, the Synergy Megatron stent is the first to be purpose-built for large, proximal vessels — those that are closest to the aorta. These arteries present challenges because they are often calcified, can vary in size in some places and

are more "stiff" than other arteries.

In the past, patients with blocked arteries might need bypass surgery, which is more invasive and requires more recovery time. Cardiologists are now able to use stents in some of these patients. This new advanced stent is ideal for procedures used to widen blocked or narrowed arteries. These procedures are less invasive and allow patients to leave the hospital sooner and heal faster.

The first patient in Northeast Florida to receive the Synergy Megatron stent

first came to Baptist Medical Center Beaches with shortness of breath and heart pain, where it was determined she'd had a small heart attack. Further diagnosis showed severe blockage in the main artery and the two major arteries branching from the main artery. This Y-shaped blockage is more challenging to treat. Her heart function was declining rapidly, and she reached a point where she was no longer a candidate for heart surgery.

Patel felt she could be treated with a complex stent procedure.

"She was declining fast," said Patel. "We reviewed all the treatment options available and felt we could be successful [with this new stent]."

The procedure went well, and the patient has returned to her normal activities.

Baptist Heart Hospital is Northeast Florida's only freestanding hospital for heart and vascular care and is the centerpiece of Baptist Health's top-ranked heart and vascular program.

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Breaking Ground on Breakthrough Care.

Flagler Health+ is Coming Soon to Durbin Park



Flagler Health+ is bringing a breakthrough health and wellness experience to residents of Northeast Florida. The 42-acre campus will feature the state-of-the-art Flagler Health+ Durbin Park Hospital, an outpatient surgery center, as well as family medicine, specialty care, urgent care, imaging, laboratory services, one of the largest YMCAs in Northeast Florida, community engagement space and more. Flagler Health+ is bringing you next-level care, right next door.

Visit [FlaglerHealth.org/DurbinPark](https://www.FlaglerHealth.org/DurbinPark) for more information.



Your Guide to Planning Ahead

Leaving a Legacy is a helpful source of information and advertising for those who want to plan ahead for the sake of their loved ones and ensure their final wishes are honored.

LEAVING A

Legacy

PAGES 21-25

Community Hospice & Palliative Care helps people live with advanced illness

November is National Hospice and Palliative Care Month, and hospices across the country are reaching out to raise awareness about the high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness.

The staff at Community Hospice & Palliative Care provides medical care

with the emotional and spiritual support families need most when a loved one is facing the end of life. Through this specialized, quality care, they see many patients and their families experience more meaningful moments together. Hospice helps them focus on living.

Becky Hamilton, a caregiver who recently lost her mother, shared her experi-

ence with Community Hospice & Palliative Care. Her mother, Marga Dixon, was 90 years old and suffering from dementia. Hamilton said she felt blessed to have the opportunity to have her cared for by Community Hospice & Palliative Care.

Dixon adored her hospice nurses. They made her laugh, and she enjoyed their visits. Hamilton felt prepared and educat-

ed and was walked through the process of what the next few weeks would be like. She was grateful and appreciative to know her mother was well cared for and able to be in her home.

“The night before my mom passed, the nurse called me and shared with me

Leaving a Legacy: A Caregivers Guide

Courtesy of Thomas Estate Law, PLLC

According to a 2019 survey carried out by Caring.com, 57% of adults in the United States have not prepared any estate planning documents such as a will or trust despite the fact that 76% viewed them as important. Many of the respondents said this was due to procrastination, but many others mistakenly believed that it was not necessary because they did not have many assets.

What key estate planning topics should you consider?

Do you have a last will and testament and/or a trust?

If you do not have these important documents, state law will determine who will inherit your property — and it may not occur in the way you would have chosen. Spelling out your wishes in a will or trust will prevent unnecessary confusion, anxiety and expense for other family members.

Have the proper powers of attorney been prepared?

A financial power of attorney will allow you to designate an individual to make financial and property decisions for you should you become unable to handle your own affairs.

Do you have a Designation of Health Care Surrogate and Living Will?

These documents memorialize your wishes concerning your end-of-life care. It also lets you designate a

person you trust to make medical decisions for you when you are otherwise unable to speak for yourself.

How should you encourage your family members to create an estate plan?

You should not only take steps to make sure your own estate plan is in place, but also to talk to your family members about creating an estate plan. Here are a few tips to help you start the conversation.

Be sensitive to your family members' feelings.

Estate planning is often a difficult topic to broach, as it brings the unpleasant topics of aging and death to the forefront of our minds. One way to begin the conversation is to talk first about the need to plan for an illness and to provide instructions in the event they become too ill to communicate with doctors or handle financial matters for themselves. The conversation can then naturally progress to the importance of having an estate plan that will enable their assets to be transferred in the way that they wish and minimize any taxes, court costs and legal fees.

Involve other family members in the conversation.

If you are planning to speak to your parents about the need for an estate plan, it is important to try to include any siblings in the discussion to avoid giving the impression that you are trying to influence or control your parents' choices. You and your siblings should emphasize to your parents that none of you are asking about what you will inherit, but just want to make sure that their wishes are carried out if they become ill or pass away.



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JENNIFER BOST THOMAS
Attorney at Law

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- Florida State University, BA

BAR ADMISSIONS:
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Hospice

Continued from 21

that the next day would be the day my mother would pass,” said Hamilton. “It was supposed to be her day off, but she made sure to be at the house and spent the whole day with us. The nurse took me through the whole day step-by-step, and I was able to hold my mom’s hand, talk with her, and was given a gift of being able to know she was at peace. Having her give up her day to be with me and my mom was truly a blessing, and a gift and a tremendous comfort for me that I will never forget.”

This is one of many stories about the staff creating moments and memories for their patients and families. During National Hospice and Palliative Care Month, Community Hospice & Palliative Care is highlighting them and their stories at facebook.com/communityhospicepalliativecare.

In addition to hospice and palliative care services, Community Hospice & Palliative Care offers grief and bereavement support counseling, pediatric hospice and palliative care, veteran care and advance care planning. With more than 1,000 volunteers, Community Hospice & Palliative Care also provides pet therapy, art and music therapy, spiritual care, as well as fundraising efforts so no one is ever denied care, regardless of their abil-



Contributed photo

Becky Hamilton holds up a picture of her mother, Marga Dixon.

ity to pay.

Established in 1979, Community Hospice & Palliative Care is an innovative national leader in palliative and hospice care, as well as providing programs and services to meet the diverse needs of the communities it serves.

During its 42-year history, through the support of more than 1,000 employees and 1,000 volunteers, the organization helps approximately 1,600 patients per day to live better with advanced illness – at home, in long-term care and assisted living facilities, in hospitals and at its 10

inpatient care centers.

No one is ever denied care due to an inability to pay.

To learn more about the support and services of Community Hospice & Palliative Care, go to CommunityHospice.com

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Windsor Pointe welcomes visitors to 'first look' event



Photos provided by Windsor Pointe

Derrek Schartz, senior vice president of sales and marketing for Legend Senior Living, is seen at the Windsor Pointe "first look" event.

By Shaun Ryan

Independent Living at Windsor Pointe recently conducted a "first look" event to show interested seniors what the residence has to offer.

A self-guided tour took visitors to six cultural stations where they could sample chef-prepared cuisine from around the world. Attendees could also view several open apartments and furnished models on all three floors.

Today, independent living is more luxury retirement and a resort lifestyle than it was only a few decades ago. It provides retirees opportunities to do the things they have really want to do.

There's a wade-in saltwater swim-

ming pool, art studio, interactive culinary kitchen, billiards and shuffleboard, a community garden, theater, workshop, outdoor poolside cabana, maintained

WINSOR continues on **Page 25**

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Paul Hansen, vice president of marketing, left, and Pete Russell at Windsor Pointe.

Windsor

Continued from 24

walking trails, a putting green, a bocce ball court and a dog park.

Windsor Pointe also highlighted residents' ability to downsize their responsibilities and let others handle the landscaping, maintenance and cleaning. It boasts 24-hour concierge services and one- and two-bedroom apartments.

Dining is a big part of the residence, with four on-site restaurants. There's also an on-site fitness center and available physical therapy and occupational therapy services through H2 Health, a provider of clinical care for seniors. There are physician office hours onsite and transportation services to take residents where they want to go.

Windsor Pointe, which is operated by Legend Senior Living, is located at 4060 San Pablo Pkwy., Jacksonville, less than a mile from the Mayo Clinic.



Kevin Colley, regional sales director, greets visitors during the Windsor Pointe "first look" event.



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In the Arts



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THURSDAY, NOVEMBER 18, 2021 • PAGE 26

www.PonteVedraRecorder.com

Jazz Jam! to feature music, tapas and a silent auction

Signed guitar from B-52s among auction items at fundraiser

First Coast Cultural Center is planning an evening of live jazz music, tapas, dancing and a silent auction.

Jazz Jam! will feature Ya' Gozo' The Latin Jazz Band and the Jacksonville University RiverTones. Artwork and poems by PAM Jam (Poets, Artists and Musicians) members, jewelry and many other items will be available at the event's silent auction, which will benefit the Cultural Center's Sound Connections Music Therapy program for children with disabilities.

A featured item at the auction will be a signed guitar from the iconic new wave band, The B-52s, which has been donated by Friends of the St. Augustine Amphitheatre.

A second guitar from Friends of the St. Augustine Amphitheatre will also be available at the silent auction.

The fundraising event will be held from 5:30 to 7:30 p.m. Dec. 5 at Ponte Vedra Concert Hall, 1050 A1A North in Ponte Vedra Beach.

General admission tickets cost \$100. VIP tickets, which include a pre-event reception with special entertainment, cost \$150. To purchase tickets, go to firstcoastculturalcenter.org/arts-outreach/outreach-programs.

For information about Sound Connections, contact manager Minda K. Gordon at 904-993-8940 or by email at mgordon@firstcoastculturalcenter.org.

Sound Connections serves six schools in the St. Johns County School District including Cunningham Creek Elementary School, Valley Ridge Academy, Ponte Vedra/Palm Valley Elementary School and Ocean Palms Elementary, along with The Webster School and Osceola Elementary, which are Title I schools.

According to Gordon, the event is also raising funds to expand the program and include two new Title I schools, Crookshank Elementary and Southwoods Elementary, along with Timberlin Creek Elementary School, which is not a Title I school.

PAM Jam is an organization for poets, artists and musicians to collaborate

and showcase their talents while having opportunities to sell their work and give back to the community. The PAM Jam vision is to offer hope and healing through the arts and share joy throughout the world.

First Coast Cultural Center serves the community from its Jacksonville Beach location, 3972 3rd St. South, and at Care Connect+, located inside the Flagler Health+ Village at Nocatee, 351 Town Center Plaza, Suite 205, Ponte Vedra. Art camps, classes and programs for children are offered weekly.

For more information, go to firstcoastculturalcenter.org.



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'A Peter White Christmas' set for Dec. 8

"A Peter White Christmas" with Mindi Abair and Vincent Ingala is coming to town on Dec. 8 to present a contemporary jazz concert at the Ponte Vedra Concert Hall.

White is an extraordinary and fluent acoustic guitarist whose skills are world-renowned. Saxophonist Abair also returns again this year. Ingala is no stranger to contemporary jazz audiences — he's known for his charisma, energy and musicianship.

"My earliest memories of Christmas were probably not much different from many other people: snowflakes, tinsel, Santa Claus, reindeer and the opening of presents surrounded by family," said White. "As a child, my father taught me to play Christmas music on my first instrument, the recorder, and my love for Christmas music has endured throughout the years. I hope this tour will be an opportunity for many smooth jazz fans to enjoy their favorite Christmas songs in a family setting. You know, I might even bring my recorder!"

White's classic acoustic guitar style can



Contributed photo
Pictured from left are Mindi Abair, Peter White and Vincent Ingala.

be heard on his latest release "Music for Starlux Airlines" (2019).

The doors open at 7 p.m., and the show starts at 8 p.m. Tickets are priced at \$66-\$116.50 and may be purchased at ticketmaster.com or at the St. Augustine Amphitheatre box office. The Ponte Vedra Concert Hall box office is closed at this time.

The Amp box office is open 10 a.m. to 6 p.m. Fridays and 8:30 a.m. to 12:30 p.m. Saturdays. Ticket purchases are available via credit card and debit card only. A valid ID is required for all debit and credit card transactions.

Business Weekly

For MORE business news, go to [facebook.com/ThePVRecorder](https://www.facebook.com/ThePVRecorder)

PAGE 28 THURSDAY, NOVEMBER 18, 2021

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A lasting partnership

Underwood's teams with Pink Ribbon Jax, hosts annual trunk show

By Anthony Richards

Pink Ribbon Jax has been raising money to help create cancer awareness and continue the grow the research associated with it for the past 15 years.

There are certain sponsors that have been with the nonprofit from the very beginning and one of those Underwood Jewelers.

"They've been with us since day one," Pink Ribbon Jax chairwoman Marica Pendjer said.



Pink Ribbon Jax 2021 chairwoman Marica Pendjer.

It is a partnership that both Underwood and Pink Ribbon Jax is proud of, and it has led to Underwood's hosting an annual three-day designer trunk show.

A kickoff to this year's event was held Nov. 11 at Underwood's Ponte Vedra and San Marco locations.

According to Pendjer, the organization chooses a focus for the money they raise based off of what is deemed would have the most impact at that time.

The pandemic and seeing what people had gone through over the past couple of years play a major role when deciding where to direct this year's fundraising.

"We looked around and realized that so many women had missed their mammograms," Pendjer said. "Whether it was due to losing their job or their insurance or just being hesitant to venture out during a pandemic and not making their

appointments."

As a result, Pink Ribbon Jax has set a goal of raising enough money to pay for 1,500 mammograms for uninsured and underinsured women and men in the Northeast Florida area.

"Where you live should not determine whether you live," Pendjer said. "When you're going through something like that (breast cancer) you always want support."

However, she has found that so many people were not feeling that support because they felt isolated from so much of the world around them at the height of the pandemic.

Underwood's trunk show helped them get closer to their projected goal, as 10% of the proceeds during the showcase went toward helping the cause.

After the Underwood's trunk show, Pink Ribbon Jax is just \$100 shy of meeting their goal. It was estimated that it would take \$450,000 to fund 1,500 mammograms.

According to the American Cancer Society, many women with breast cancer have no symptoms, so a screening is considered the best way to find out if they have it.

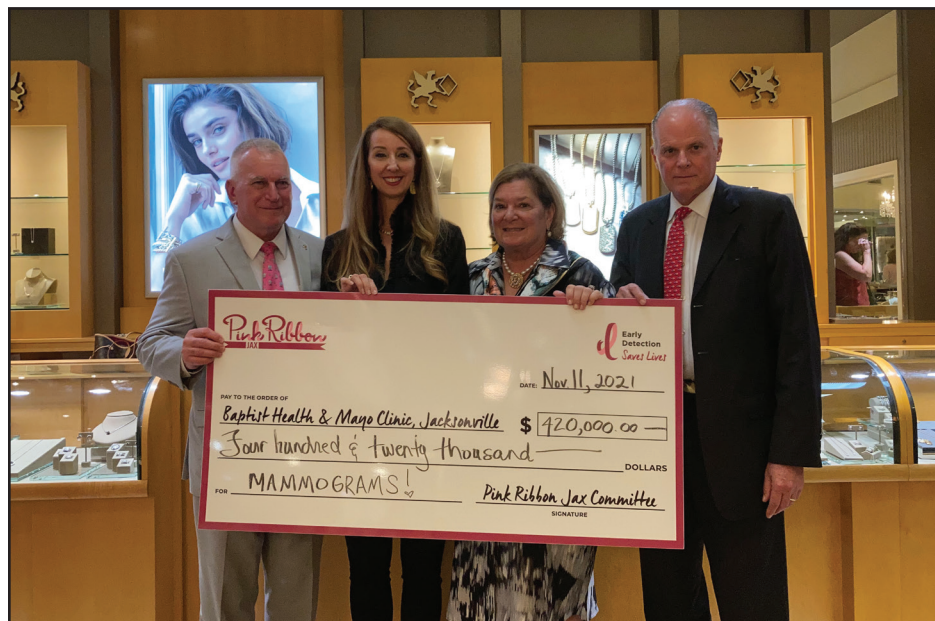
"When breast cancer is caught early, there is a 98% survival rate," Pendjer said.

Pink Ribbon Jax is an all-volunteer operation, which allows their expenses to remain low so that roughly 98 cents of

UNDERWOOD'S continues on Page 28



Sonia Thomasino and Greg Smith.



Photos by Susan Griffin

John Rutkowski, Marica Pendjer, Christy and Clayton Bromberg.

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THEME: LANGUAGES

ACROSS

1. Lacking imagination
6. Afflict
9. Bob of boxing world
13. From then on
14. Ornamental pond dweller
15. Not asleep
16. Cuzco valley people
17. Overnight lodging
18. 5th of 7 canonical hours
19. *Brothers Grimm language
21. *Language considered to have most words
23. Man's tasseled hat
24. Cross to bear
25. Retriever's word, for short
28. Person, place or thing
30. Like a bow or a racket
35. Pale ____ beverage, pl.
37. It has multiple limbs
39. Mister in Madrid
40. Spare in a trunk
41. Manuscript changes
43. Romantic occurrence
44. Letter-shaped girder
46. Russian mountain range
47. Curved molding
48. HNO₃ acid
50. Egyptian goddess of fertility
52. Rub the wrong way
53. CISC alternative
55. Cry of horror, in comics
57. *First language spoken in outer space
61. *Once considered the language of diplomacy
64. Like old cracker
65. What acrimony and acrobat have in common
67. Get ready to drive, on a golf course
69. It's often rewarded with a medal in military
70. Sturgeon yield
71. Backyards separator?
72. "That was close!"

73. "C' ____ la vie!"
74. "Silas Marner" novelist

DOWN

1. Pressure unit
2. A year in a trunk
3. It's sometimes enough
4. Cozy accessory
5. Unquestioning ones
6. Similar
7. H+, e.g.
8. Flax-derived fabric
9. Deserter's acronym
10. Indian princess
11. Luau instrument, pl.
12. Mosquito net, e.g.
15. Teenagers' emotions
20. Nitrogen, in the olden days
22. *Greek N, pl.
24. Relating to dreams
25. **"Veni, vidi, vici" language
26. "My wife can vouch for me", e.g.
27. Prince's "Raspberry ____"
29. *Pakistani language
31. Make over
32. Eel in a sushi restaurant
33. Annotator
34. *Hellenic language
36. Popular way to cook tuna
38. *Greek H, pl.
42. More like a fox
45. Quaggier
49. Langley, VA org.
51. Be full of anger
54. Rabbit trap
56. Land on patellas
57. Invitation acronym
58. One of Four Corners states
59. Price reduction
60. Snail-like
61. Guitar part
62. Ghana monetary unit
63. Designer Boss
66. Trigonometry abbr.
68. Favorite one

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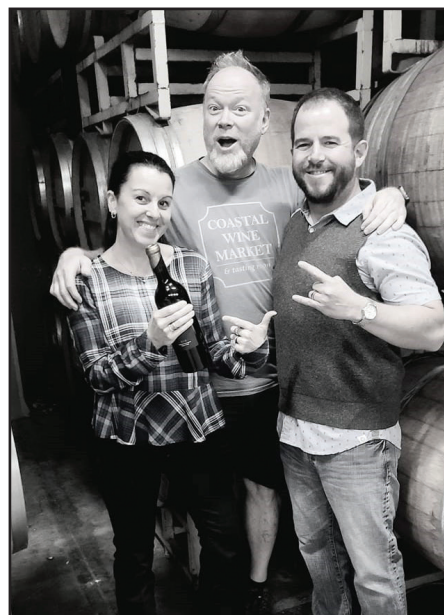
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Coastal Wine to launch first label



Photos provided by Coastal Wine Market
Bryan Page is seen with Coastal Wine Market owners Shaun and Steve Lourie

Coastal Wine Market & Tasting Room is planning the release of its first, exclusive wine label, STONE to Crystal 2016 Cabernet Sauvignon during a red-carpet gala on Dec. 4.

Two celebrities will be present for the event: Bryan Page, Revolver Wine Co. and Page Wine Cellars, Napa Valley, California; and Jonquil LeMasters, artist and sculptor of Coastal Wine Market's dazzling "Gladstone Chandelier."

Coastal Wine is producing its new label in collaboration with Page.

This will be a private, ticketed event. While guests are asked to dress in their finest attire, black tie is optional.

Guests will be treated to endless passed hors d'oeuvres, three complimentary



Artist Jonquil LeMasters stands near the "Gladstone Chandelier" she created. It is suspended inside Coastal Wine Market & Tasting Room.

high-end wine-tasting bars, tastings from Steve and Shaun's private wine collection and, of course, a tasting of the STONE to Crystal 2016 Cabernet Sauvignon.

Tickets are \$175 plus tax. They include gratuity and are nonrefundable. To secure a reservation for the event, call 904-385-3520, or Venmo a payment of \$186.38 to @coastalwine with the name of guest or guests and phone number.

Coastal Wine Market & Tasting Room is located at 641 Crosswater Pkwy., Suite B, Ponte Vedra.

To learn more about Page, go to pagewinecellars.com.

To learn about LeMasters, go to jonquil-design.com.

Underwood's

Continued from 27

every dollar raised goes directly to funding the cause.

Pendjer is trying to get that number up past 99 cents of every dollar that goes toward the cause.

"I think our sponsors love working with us because we are all volunteer and you know the funds raised are making a difference," Pendjer said. "Every penny can go to the cause."

A key part of their fundraising campaign is about educating the public of the importance of mammograms, which



John Rutkowski and Brian and Tina Zehren.

Baptist Health suggests should start being a routine procedure for women 45 years and older.

"It's a two-fold message with education being a big part," Pendjer said.

One form of spreading awareness was when many local businesses and communities light up their buildings or structures pink in October as part of breast cancer awareness month.

"It was a wonderful message to send," Pendjer said.

According to Pendjer, as of 2021, Pink Ribbon Jax has raised \$2.1 million for its various initiatives in the fight against breast cancer.

Baptist Health and the Mayo Clinic in Jacksonville are the primary beneficiaries of the organization's fundraisers.



Robin Jones, Jenny Schroeder and John Rutkowski.

Sports



THURSDAY, NOVEMBER 18, 2021 · PAGE 29

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Perseverance leads to Nease playoff victory

By Anthony Richards

It has been a long journey, but the hard work and resilience the Nease football program has put in over the past couple of years is finally paying off, and in a big way.

The Panthers went on the road and defeated Port Orange Spruce Creek 24-21 in the first round of the Class 7A playoffs and appear to be hitting their stride at the most important time of the year.

It was the first playoff victory for the Panthers since 2008 and is a complete turnaround from the struggles they have endured in recent years.

With the win, the Panthers sit at a record of 8-3, which is two more victories than they had in the previous three seasons combined, which included a 1-9 campaign in Colin Drafts' first year as head coach in 2019.

However, that rough period seems far in the past as this year's squad has successfully breathed life back into the Nease football program and re-established a culture that reflects winning both on and off the field.

"It has been a crazy experience, because going 1-9 is not easy, but then to win our first playoff game in a lot of years," senior receiver Dom Henry said. "It feels good just proving everybody wrong, because we're not the same team from the past couple of years."

Henry had a huge game with 254 receiving and two touchdowns on nine catches while his partner in the passing game, Marcus Stokes surpassed 2,000 yards through the air on the season.

Making the win even sweeter is the turbulent times that most of the team had to endure during their careers, especially the 36 seniors on the roster.



Cannon Kimball kicks a field goal from the hold of Evan Crenshaw earlier in the year. He kicked the game-winning 26-yard field goal with 18 seconds left to beat Port Orange Spruce Creek in the first round of the 7A playoffs.

"We had the confidence coming in that we were going to win, because towards the end of the year our team has really started clicking on offense, defense and special teams," junior kicker Cannon Kimball said.

Kimball kicked the game-winning 26-yard field goal with 18 second left that propelled the Panthers to the next round.

"When I was walking out onto the field, the last thing I remember is pointing to Dom Henry and he said, 'You got this,'" Kimball said. "My mind went blank after that, which is a good thing for a kicker, because when your mind's not in it, it's almost automatic."



Photos by Anthony Richards

The trio of kicker Cannon Kimball, long snapper Ethan Sheider and punter Evan Crenshaw combined for a perfectly executed field goal in the clutch to beat Port Orange Spruce Creek.

According to Kimball, as soon as his foot hit the ball, he knew he struck it well and the result was the kick going right down the middle between the uprights.

So many factors go into making a kick, which is why Kimball was quick to thank long snapper Ethan Sheider and punter Evan Crenshaw for a perfectly timed snap and hold.

"The whole operation was one of the best we've had all year," Kimball said.

Next up, the Panthers will travel to face Niceville (10-1) at 7 p.m. Nov. 19.

PLAYERS Championship tickets available to public Dec. 1

Tickets to THE PLAYERS Championship 2022 are available now for anyone who has subscribed to THE PLAYERS newsletter. Starting Dec. 1, tickets will be made available to the general public via THEPLAYERS.COM/tickets.

The 2022 championship is March 8-13. "We are excited to welcome more fans and guests back to THE PLAYERS Stadium Course at TPC Sawgrass this March," said Jared Rice, executive director of THE PLAYERS. "Our team, along with our Proud Partners, community partners and sponsors, as well as our volunteers, are planning a variety of offerings and experiences that will allow us to continue generating charitable and economic impacts for Northeast Florida. We look forward to producing a 2022 championship that showcases the very best of our sport, organization and community."

Up to two youth, age 15 and younger, will be admitted free with a ticketed adult all week long. All youth age 6 and older must have a ticket in order to access hos-

pitality venues.

As part of its longstanding commitment to honoring and supporting military, veterans and dependents, THE PLAYERS will have a ticket allotment for military and veterans. These tickets will be available by February, as THE PLAYERS will debut a new, streamlined verification and transaction experience specifically for military and veterans.

Complimentary admission will be provided to active duty, retired, reserve and National Guard members and one dependent on March 8 and 9, and one competition day (March 10 to 13), while supplies last. Valid identification and credentials are required.

Veterans with valid identification will be able to purchase up to two discounted stadium passes on March 8 and 9, as well as one competition day (March 10 to 13), while supplies last.

Additional military appreciation offerings for THE PLAYERS 2022 include a Military Appreciation Day ceremony and

concert on March 8, as well as a Patriots' Outpost hospitality space. A full list of military appreciation activities and offerings will be shared with the community once plans are finalized.

THE PLAYERS has reformatted its "Chip in For Youth" program and in the coming weeks will announce full details for the "Chip in For Charity" program, which launches Dec. 15 and will encourage the community to purchase tickets to THE PLAYERS to support local nonprofits that fall within one of THE PLAYERS' charitable pillars: youth services, education, character development, health, wellness and sports and military support.

Participating organizations will receive \$40 from every competition round ticket purchased in their name under the program while supplies last. Registration for charities that wish to participate opens on Dec. 1. Go to theplayerschipinforcharity.com for more information.

The Birdies for Charity campaign will return for the 2022 PLAYERS. Charities

can earn unlimited funds by participating in Birdies for Charity, and they also are eligible to receive additional funds from a bonus pool. More details are available at birdiesforcharity.playerschampionship.com.

Note that parking passes are not included in any ticket purchases. A separate parking pass is required each day of tournament week and must be purchased online in advance via THEPLAYERS.com/parking. Tuesday and Wednesday parking will be \$15 per day, plus tax; Thursday through Sunday is \$40 per day, plus tax.

Parking will not be sold on-site, and all parking passes will be digital. Rideshare is also available and will drop off and pick up at the Couples entry off ATP Boulevard, a short walk from the 15th hole.

Fans interested in upgraded experiences will find information at THEPLAYERS.com/hospitality. New in 2022 are the Greenside Seats, which overlook 17 green and 18 tee, and The Deck, which offers views of the 16th and 18th holes.

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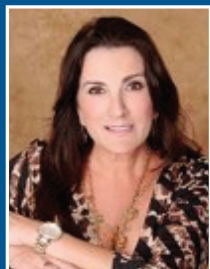
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