

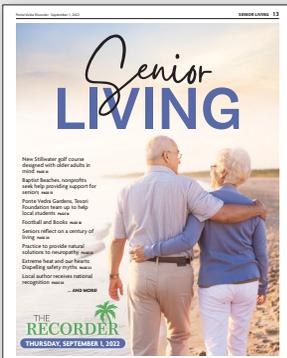
# THE RECORDER



September 1, 2022  
Volume 53, No. 44  
75 cents

Serving Ponte Vedra, St. Augustine, The Beaches and Greater St. Johns County

PonteVedraRecorder.com



**Senior Living**  
Page 13



**Residents filled the Ponte Vedra Concert Hall to give their opinions about proposed projects at Cornerstone Park during an open house.**  
See page 12.



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



Photo by Anthony Richards

The United Soccer League announced that Northeast Florida will be getting men's and women's professional soccer teams in 2025 as part of an initiative called JAXUSL. *Read the full story on page 10.*

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# INSIDE

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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. 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 [news@pontevedrarecorder.com](mailto:news@pontevedrarecorder.com) or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



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## BRIEFS

### Vicar's Landing boutique sale is Tuesday, Sept. 6

The Vicar's Landing September Boutique Sale will be held from 11 a.m. to 1 p.m. Tuesday, Sept. 6, at Vicar's Landing, 1000 Vicar's Landing Way. The sale, featuring art, jewelry and furniture, is open to the public. All proceeds go to the Vicar's Employee Scholarship Fund. For more information, call Rose Murdock at 891-1777 or Ginny Elliott 608-6198.

### Chamber social set for Sept. 8

The St. Johns County Chamber of Commerce will hold a joint council social at The Yards, 4:30 to 6:30 p.m. Thursday, Sept. 8. Attendees are invited to get to know local businesses while networking with fellow Chamber members.

Admission is \$20 for members. Future members and guests may contact Karen at the St. Johns County Chamber Ponte Vedra Division at 904-285-2004.

The Yards is located at 254 Alta Mar Drive, Ponte Vedra Beach.

### Jewish Meet & Greet planned

As St. Johns County continues to rapidly grow, many Jewish families have moved to the area, and this is the perfect opportunity for people to meet their Jewish neighbors. A meet and greet, featuring music, cocktails and an exquisite Shabbat dinner will take place at 6:30 p.m. Friday, Sept. 9, at the Nocatee Crosswater Hall.

The event is open to the whole family — so bring your parents, grandparents, aunts, uncles and the kids. Meet new friends or hang out with old ones, while your children are entertained by a magic show and games just for them.

As Shabbat sets in, there will be a brief candle-lighting ceremony for women and a joyous welcoming of Shabbat. From the Kid-dush and Matzah ball soup, to the meaningful discussions and Shabbat inspiration, Jewish people all around the world have relied on Shabbat as a day of connection.

No membership or affiliation is necessary to join.

Reservations are required and can be made at [www.JewishSJohnsCounty.com/Meet](http://www.JewishSJohnsCounty.com/Meet)

To find out more, email [Info@JewishSJohnsCounty.com](mailto:Info@JewishSJohnsCounty.com) or call 904-701-4422.

### Religious leaders to speak at Democratic Club meeting

The Ponte Vedra Democratic Club will hold its monthly meeting on Tuesday, Sept. 20, at Christ Episcopal Church at 400 San Juan Drive, Ponte Vedra Beach.

Chat and chew begins at 6 p.m., the meeting at 6:30 p.m.

Featured speakers will include an imam, a rabbi and an Episcopal priest discussing how to disagree without being disagreeable.

### Fun with duct tape at the Ponte Vedra library

Joan Meyers has been named youth programming coordinator for the Ponte Vedra Beach Branch Library. One of her first events for teens will be held 5:30-7 p.m. Sept. 27, and online RSVPs are encouraged. (Go to [sjcpls.org/branches/ponte-vedra-beach-branch](http://sjcpls.org/branches/ponte-vedra-beach-branch).)

Teens will have an opportunity to get creative with duct tape — from desk organizers to locker décor. Participants will cover common objects such as cups, boxes and frames with funky duct tape. Supplies will be provided. RSVP is encouraged but not required. This event is for teens only. For more information about teen programming at the Ponte Vedra Beach Branch Library, contact Meyers at 904-827-6979 or [jmeyers@sjcfl.us](mailto:jmeyers@sjcfl.us).

### Library accepting online RSVPs

September Storytimes and other youth programming have gone live on the Ponte Vedra library branch's web events page for patrons to make online RSVPs. Once programs fill up, wait lists automatically begin. Cancellations will be filled automatically with the wait list registrants. Go to [sjcpls.org/branches/ponte-vedra-beach-branch](http://sjcpls.org/branches/ponte-vedra-beach-branch) to reserve spots. If you need assistance, call the library at 904-827-6950 or stop by one of the service desks.

## PUZZLE SOLUTIONS

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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**THE RECORDER**  
Covering Ponte Vedra, St. Augustine, and Greater St. Johns County

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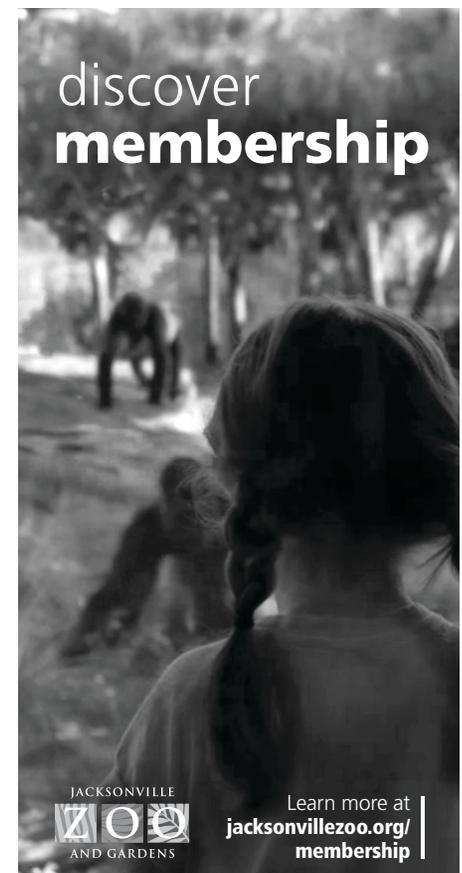
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# Recount cancelled after Blocker concedes

Following the final canvass of the vote-by-mail ballots and provisional ballots cast in the Aug. 23 primary election, a determination was made by the Canvassing Board that a machine recount was required for County Commission District 4 race.

The 175 votes separating Jeremiah Blocker and Krista Keating-Joseph represented a 0.46% difference in votes cast for each candidate. As the difference was less than 0.50% of the votes cast in the race, a machine recount is required by law.

In response, the Canvassing Board ordered a

machine recount be conducted Saturday, Aug. 27, at the Supervisor of Elections Office. As the office prepared for a recount, Supervisor of Elections Vicky Oakes received a letter from Blocker late in the afternoon on Friday, Aug. 26:

“It has been my honor to serve the citizens of SJC as the Commissioner from District 4 over the last 4 years. With all of the ballots now officially accounted for, it appears my campaign has come up short. Therefore, I am not seeking a recount in my race for St. Johns County Commission District 4. I appreciate

the hard work of the elections staff during this cycle.”

Oakes presented Blocker’s letter during the Aug. 27 Canvassing Board meeting. Respecting Blocker’s request and rights, the board subsequently rescinded the recount order for the County Commission District 4 race.

Due to this this action, St. Johns County’s 2022 primary election is now complete, and all results are final and have been certified to the Division of Elections. Keating-Joseph will face a write-in candidate in the general election on Nov. 8.

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**OBITUARIES**



**Christopher Joseph Lamoureux**

Christopher Joseph Lamoureux, 55, of Jacksonville Beach, Florida, formerly of Media, PA, passed away suddenly at his home on August 21, 2022.

Chris is survived by his parents, Christopher and Dale (Meiswich) Lamoureux; his siblings, Renée (Kenny) Pridgen, North Carolina, Michelle (Rick) McElrath, Texas,

Joseph (Johnna), Colorado, Michael (Kristy), Media, PA, and Maryann (Ryan) Crocamo, Brookhaven, PA; his nieces and nephews, Sydney Lamoureux, Jackson McElrath, Carson Pridgen, Kenny Pridgen, Ellie McElrath (his beloved Goddaughter), Luke Crocamo and Simon Lamoureux; and many aunts, uncles, and cousins. Never to forget his beloved cat, Leroy who was so special to Chris.

Thirty years ago, Chris moved to Florida, had a great life and made many lasting friendships.

Chris loved the beach and his daily bike rides, where he would always see and acknowledge his fellow beach lovers. This was his routine and he treasured these encounters. He loved the people in his community and they loved him. Chris was affectionately known as the “Mayor” of the beach.

Chris always said he loved his job as a waiter/bartender because of the people, but he found his niche as a trivia host and that is where he excelled. He hosted numerous trivia shows at various locations around Jacksonville Beach.

Chris was a simple man who was known for his charm, which he inherited from his dad. For the past

25 years Chris and his dad travelled to Clearwater for Phillie’s Spring Training.

Christmas was Chris’s favorite time of the year. He always came home to be with his family, wearing his Santa Hat, which he only took off to sleep.

Chris was an avid fan of the Eagles, Phillies, 76ers, and Flyers.

He attended Cardinal O’Hara High School, Penn State University, and Millersville University.

A Memorial Mass was held Monday, August 29, 2022, at St. Paul’s Catholic Church. On Wednesday, August 31, 2022, a Mass of Christian Burial took place at St. Mary Magdalen’s Church in Media, PA.

In lieu of flowers, donations in Chris’s memory can be made to First Coast No More Homeless Pets (464 Cassat Avenue, Jacksonville, FL 32254). Visit [www.fcnmhp.org](http://www.fcnmhp.org) to donate online. Please visit his Tribute online at [www.quinn-shalz.com](http://www.quinn-shalz.com).

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**DEATH NOTICES**

**Stella Boecker**

Stella Boecker, 94, of Jacksonville, Florida, died Aug. 25, 2022. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 [www.quinn-shalz.com](http://www.quinn-shalz.com)

**Robert Peyton Kuhlthau**

Robert Peyton Kuhlthau, 76, of Ponte Vedra Beach, died Aug. 24, 2022. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. [www.quinn-shalz.com](http://www.quinn-shalz.com). 904-249-1100

**Christopher Joseph Lamoureux**

Christopher Joseph Lamoureux, 55, of Neptune Beach, Florida, died Aug. 21, 2022. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 [www.quinn-shalz.com](http://www.quinn-shalz.com)

**Mary E. McLeod**

Mary E. McLeod, 89, of Jacksonville, Florida, died Aug. 24, 2022. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 [www.quinn-shalz.com](http://www.quinn-shalz.com)

**Patricia Powell**

Patricia Powell, 91, of Jacksonville Beach, Florida, died Aug. 21, 2022. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. 904-249-1100 [www.quinn-shalz.com](http://www.quinn-shalz.com)

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Longtime golf architect Erik Larsen's work can be seen around the country, but he also designs golf courses here on the First Coast. He reinvented the Atlantic Beach Country Club in 2015 and is now completing work on the St. Johns Golf Club, which is owned by the county.

## Erik Larsen

### As told to Shaun Ryan

#### Tell me about Larsen Golf Inc. and the services it provides.

Our core business is golf course architecture. That includes master planning/routing plans, construction documents and construction review. Other services are community master planning and landscape architecture. We also have the skillset to discover and free up extra land within golf courses and bring a development team to create “right-sized” neighborhoods on the extra land. New property increases membership dues. Check out [www.larsengolf.net](http://www.larsengolf.net).

#### You've done some notable projects across the nation and here on the First Coast. Are there some that stand out as your personal favorites?

Working close to home is always nice for a couple reasons. One is simple logistics of easy access. Two, it is always nice to give something to the community where you live. Atlantic Beach Country Club and St. Johns Golf Club are special to me because my community plays them.

Similarly, I recently returned to my home state of Iowa and played the Tournament Club of Iowa, a course where I was architect of record for the Palmer Design Company. It was fun and a good challenge for all. It's nice to know I left something of value in my home state and it still holds up well after 20-plus years. Plus, it is always nice to get national recognition by golf magazines and to have my courses serve as PGA Tour tournament venues (2005 Principal Charity Classic on the PGA Tour Champions). We have been blessed to have several of each.

#### Are there unique challenges in creating some of the courses, particularly with regard to terrain and climate?

This question needs a long answer to do it justice but let me condense by noting four elements to design: safety, function, playability, beauty. Safety and function should not be compromised. Playability and beauty are opinions but demand a minimal level of quality. Drainage and irrigation are the main items to consider in function, so terrain is always important to consider.

Soil types require particular attention, especially for drainage but also for their ability to grow turfgrass. On hilly ground the degree of slope generally determines where golf holes land to minimize clearing and dirt movement. Predominant winds are the key climatic element to consider.

#### Your company is working on the St. Johns Golf Club, which is set to reopen

#### later in the year. What can you tell me about this course?

At one time 27 holes, the golf course closed nine holes in 2010. This allowed for routing changes that created more interesting/different holes. We flip-flopped nines so there is better starting hole access from the practice range and a great turn experience of Nos. 9 to 10 and finishing out back of the clubhouse and patio at No. 18. The golf course has a large amount of play and is an important community asset. All components of the infrastructure, primarily drainage, were failing and we fixed those. The golf course should be open late this year and be available nearly every day now vs. being closed 30-plus days a year due to rain. Plus, a completely new irrigation system and pump station, feature construction and grass types were implemented.

#### Are there some attributes that will set this course apart from others in the area?

There is no other golf course of this style in Jacksonville and only a handful in Florida — a throwback design style similar to the work of iconic course architects Seth Raynor and C.B. McDonald. We gave it a unique new look as a “Renaissance” type golf course with template greens, square coffin bunkers and big vistas via simple shaping. Biarritz, thumbprint, redan, punchbowl greens, coffin bunkers, open approaches and simple shaping. Check out the progress at [www.sjgc.com](http://www.sjgc.com).

#### I recall a few years ago there seemed to be a shift away from 18-hole courses and toward 9-hole courses.

There is definitely a trend to golf other than regulation 18 holes; however, there is also a resurgence in 18-hole facilities. Nine holes, par-3 courses, putting courses, expanded short game areas — call it “small golf” — are trending upward across the country. At the St. Johns Golf Club, we added a three-hole “wee links” area in the old chipping green area and created a center hub for practice by bringing the practice range tee and practice green together close to the clubhouse. All of those will accommodate events and fun activities.

#### Is that still a trend?

Absolutely, and that will probably continue.

#### Has this impacted your company or the kinds of projects it is doing?

Yes, mine and most of my golf course architect colleagues have been affected. It is a new niche in design that is here to



stay. If a facility undergoing renovation is not thinking about adding a “small golf” component it is missing the opportunity to add a fun, accepted new type of golf. It also adds another revenue bucket to its operation. Master planning for a golf community is also a big asset that we offer when courses are renovated to invigorate the entire area beyond the course boundaries. Additionally, I am associated with BrightView Golf as the business development lead for the Southern region, providing BrightView, the nation's largest commercial landscaping company, with a deeper connection to golf.

#### Tell me about your career. How did you first get involved in this type of work?

I started working on golf courses at Newton Country Club in Newton, Iowa, when I was 12. I worked on golf courses while at college at University of Kansas and Iowa State University. I eventually decided on a career in golf course design and transferred to the landscape architecture department of North Carolina State University.

#### What kind of education did you need?

I received a double degree in landscape architecture and horticulture. These helped me pass the CLARB (Council of

Landscape Architectural Review Board) national board examination for landscape architecture and helped my resume. The education gave me the background to land a position with Ed Seay and Arnold Palmer with the Palmer Course Design Company in 1983. The work done with Ed and Arnold from then until 2011, and my own company since then, has provided a real education.

#### What do you like best about what you do?

Creating these beautiful playgrounds where the best players in the world or the average player can go and have healthy fun.

#### What do you like about living here on the First Coast?

Golf and surf all year and the unique ecosystems from mainland to ocean, uplands, low country and salt marshes, Intracoastal Waterway, dunes, ocean. Live oaks!

#### How do you like to spend your free time?

Golf and surf. Catching tailing redfish. Playing bass in the Crosswater Community Church praise band.

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

# Low Maintenance Landscaping

*"Those who find beauty in all of nature will find themselves at one with the secrets of life itself." — L. Wolfe Gilbert*



**By Kathy Esfahani**

Keeping your yard beautiful does not have to require hours of work! Low maintenance landscaping is attainable and

enjoyable with just a bit of planning. Although every flower and/or plant needs some level of maintenance, it is possible to find colorful plants, evergreens, and shrubs that only need attention from time to time.

Keep these tips in mind when planning a low maintenance landscape:

- Plants that tolerate heat are more



**Low maintenance landscaping**

viable in our area. Look for Florida friendly plants when selecting options for your yard. Consider the sturdiness of a plant for resisting high heat/humidity, wind, and changing weather.

- Although there are flowers that require less attention than others, look for plants with colorful and interesting

foliage. Flowers generally require more time, deadheading, and replacement. Foliage offers not only color, but also textures, shapes, and patterns. Look for plants with variegated leaves featuring stripes or color splashes.

- Consider the form of a plant that you choose - do you prefer a tight, clean look or a more loose, natural appearance? Look for plants that fit the form you prefer to avoid extra trimming.

- Choose larger plants with a broad reach side-to-side or cascading branches. These choices might include palms, shrubs, or groundcovers. By selecting bigger options, you will gain a lush, full look with fewer total plants and, therefore, have less to maintain.

- Slow growing evergreen plants and trees are nice alternatives for a low maintenance landscape since they do not drop their leaves. Be cautious of adding evergreens that grow more quickly, however, as they do require more pruning.

As you design your low maintenance

Photos provided by Kathy's Creative Gardens & Nursery

### Flower of the Week



**Dune Sunflower**

landscape, consider the following plants to add color, fullness, and interest to your yard: African Iris, Agapanthus, Arboricola, Aztec Grass, Black-Eyed Susans, Blue Daze, Cast Iron plants, Crotons, Dune Sunflowers, Foxtail Ferns, Gaillardia, Lantana, Liriope, Muhly Grass, Penta, Rosemary, Vinca, and any ginger or succulent.

Happy planting!

**Flower of the Week: Dune Sunflower**

**Please email Kathy at [kcg.pvr@gmail.com](mailto:kcg.pvr@gmail.com) for any questions or gardening tips you would like to see in the future. For more information & ideas, visit Kathy's Creative Gardens & Nursery, 196 N. Roscoe Blvd. The phone number is 904-655-7373.**

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# Delicious Destinations event to extend health care to those in need

Contributed photos



Delicious Destinations chefs from the 2019 event.



Guests enjoy the fare at the 2019 Delicious Destinations event.



Delicious Destinations leadership in 2019.

Ascension St. Vincent's Foundation will host its 20th annual Delicious Destinations event presented by Miller Electric on Sept. 9 and 10.

The premier food-and-wine event will raise critical funds for the organization's community outreach programs, which connect those in need with quality, compassionate health care.

Event attendees will join some of the city's most celebrated chefs for a "voyage across the historic Spice Route," which is the theme for this year's event.

Chef Tom Gray, executive chef and

owner at Prati Italia and Town Hall Restaurant, along with nine other chefs from prestigious restaurants, will prepare dishes inspired by regions that stretch from Japan and Indonesia to India and the Mediterranean. Local wine experts will also carefully select sophisticated wines to pair with each unique offering.

Virginia Hall, president and chief development officer at Ascension St. Vincent's Foundation, said the event has raised more than \$4 million for the nonprofit since its inception.

"This milestone event is satisfying on

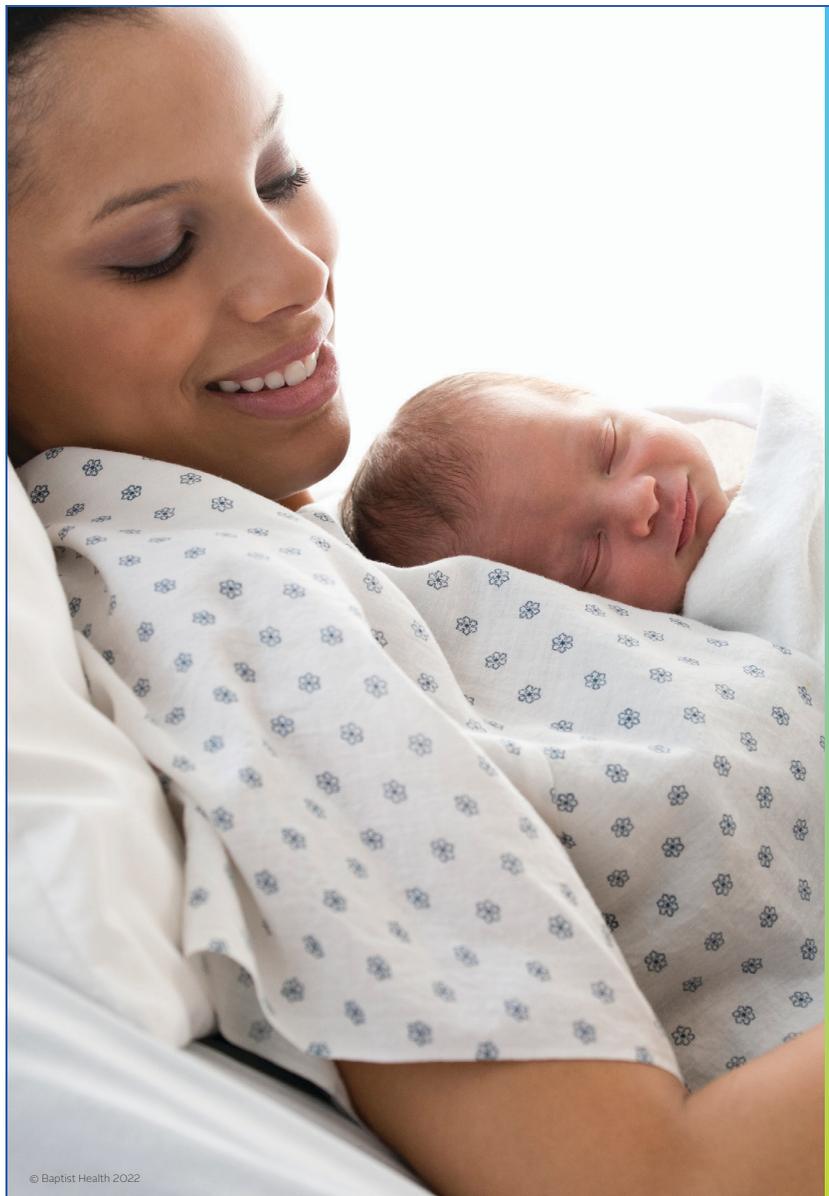
several levels — enabling attendees to enjoy a robust array of palette-pleasing cuisine while fulfilling our mission of providing hope and healing for those in need in our community," Hall said.

Proceeds from Delicious Destinations benefit the community outreach programs operated by Ascension St. Vincent's Foundation, including the award-winning Mobile Health Outreach Ministry. All of these programs are creatively designed to directly reach those living in underserved areas and offer them preventive medical care.

This year's celebration will be hosted at the AAA Five-Diamond-rated Ponte Vedra Inn & Club, where guests will enjoy two separate events: the Celebrity Chef by the Sea Luncheon at 11:30 a.m. Friday, Sept. 9, and Delicious Destinations at 7 p.m. Saturday, Sept. 10.

There will also be a VIP preview reception at 6 p.m. Sept. 10 ahead of the event.

While the luncheon is already at capacity, tickets to the dinner and VIP reception, as well as event sponsorships, are still available. For more information, go to [giventvincents.org/delicious-destinations](http://giventvincents.org/delicious-destinations).



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**OBITUARIES**



**Robert Peyton Kuhlthau**

Robert Peyton Kuhlthau departed this life on August 24, 2022. Peyton was born in Charlottesville, Virginia on November 13, 1945. Peyton grew up in Charlottesville, was a

graduate of Lane High School, and earned the rank of Eagle Scout. He attended the University of Virginia, where he earned a BA in Economics. While at the University, he enrolled in the Reserve Officers Training Corps (ROTC). Following graduation, Peyton served in the U.S. Air Force for five years. After leaving the Air Force, he attended the Medical College of Virginia of the Virginia Commonwealth University, where he earned a Masters in Hospital Administration in 1974. Peyton subsequently entered in the U.S. Public Health Service (USPHS) where he served in New York City. While in the USPHS, Peyton received the Meritorious Service Award and earned the rank of Captain. Peyton retired from the USPHS in 2000, after which he moved to the Washington DC area, where he began a second career with U.S. Department of Health and Human Services. In 2012, Peyton fully retired and moved to Ponte Vedra Beach, Florida, where

he continued his passion for cooking and traveling and developed a love for golf and croquet. Peyton was predeceased by his first wife, Marianne Langan Kuhlthau and by his sister, Linda Kuhlthau Garver, as well as his parents, A. Robert and Gay Harris Kuhlthau. Peyton is survived by his wife, Andrea Vojak Kuhlthau, and his brother, Richard Kuhlthau and his wife Helene of Vienna, Virginia, as well as by numerous nieces, nephews, grandnieces, and grandnephews. A Funeral Mass will be held for Peyton at the San Sebastian Catholic Church on State Rt 16, St. Augustine, Florida on September 9, 2022, at 4:30 pm. Please visit his online Tribute at [www.quinn-shalz.com](http://www.quinn-shalz.com).

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**'Downton Abbey' is theme for soiree**



September is National Library Card Sign-Up Month, and the Ponte Vedra Brach Library wants to encourage everyone in the community to get a St. Johns County Public Library System library card.

Toward that end, it is planning a "Downton Abbey" soiree, sponsored by the Friends of the Ponte Vedra Beach Branch Library.

"A Date with Downton" will be held from 11 a.m. to 1:30 p.m. Sept. 30 in the FOL Community Room.

Attendees will watch the movie "Downton Abbey: A New Era" and enjoy light refreshments. They may want to dress up for a photo op, as well.

A copy of the behind-the-scenes book, "Downton Abbey: A New Era: The Official Film Companion," will be raffled off. One raffle ticket can be earned by simply attending the event. A second is earned by those showing their SJCPHS library card.

RSVP online at [sjcpls.org/events/in-person-national-library-card-sign-up-month-event-a-date-with-downton](http://sjcpls.org/events/in-person-national-library-card-sign-up-month-event-a-date-with-downton). If you need assistance with making an RSVP or have questions, call 904-827-6950 or drop by the adult reference desk.

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Founding owner Ricky Caplin and USL CEO Alec Papadakis hold up a JAXUSL scarf.



Members of the youth soccer organization Florida Elite were on hand during the announcement.

# Tebow among ownership group bringing men's, women's soccer

*Finding facilities, team name expected in coming months*

By Anthony Richards

Professional soccer is coming to the First Coast in 2025 after an announcement made during a press conference by the United Soccer League at TPC

Sawgrass on Aug. 30. According to league CEO Alec Papadakis, the USL is much more than just the play on the field, but the goal is to bring communities together through soccer.

As a result, one of the ways the USL differs from other professional leagues is that it has a direct connection between pro and youth teams in the area.

The youth soccer organization in this case will be Florida Elite, which was established eight years ago and has roughly

15,000 players participating, some of which were present during the press conference.

"They will be able to eat, train and watch film alongside and in the same facilities as the pros in their town," Papadakis said.

Another way JAXUSL will be unique is that it will not just introduce a men's pro team to compete for the USL Championship, but it will also create a women's pro team that will be part of the USL's W League.

"This is the most exciting time for soccer in the history of the United States," Papadakis said.

He stated how the 1994 World Cup hosted by the U.S. was intended to get soccer introduced to Americans on a mainstream level and now the 2026 World Cup, where the U.S. is one of the hosts, will serve as the bookend to that process.

According to Papadakis, over the years he has seen the game of soccer continue to grow not just in the USL, but as a whole throughout the country, and it has led to an increase in job opportunities not just on the field but in the business side of soccer.

"You can stay in the sport we love so much and make it a career," Papadakis said.

The JAXUSL ownership group includes Ricky Caplin, Tim Tebow, Steve Livingstone and Tony Allegretti.

Caplin believes that Northeast Florida is the perfect fit for a pro soccer team because of the area's passion for sports and a growing diverse community.

"Although I may not know much about soccer, but I do know about dreams, visions and goals," said Tebow, a local sports legend from his time playing at Nease High School and the University of Florida.

Although the team will not begin play until 2025, the group expects the excitement to only continue and grow.

The next steps include finding a venue and facilities to play and train at locally.

The name of the squads and the team colors will be determined in the coming months as they hope to get feedback from the community to help with those decisions.

More information about the team and how to get involved is available by going to [jaxusl.com](http://jaxusl.com).

Tickets on sale now! Call 904.202.2886 or visit [thefloridaforum.com](http://thefloridaforum.com)

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Local sports legend Tim Tebow is one of the founding owners of JAXUSL.

Photos by Anthony Richards

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St. Johns County Parks and Recreation Director Ryan Kane has a conversation with residents during the open house Aug. 25.



Several families brought their children in support of the proposed project to add lights to the fields at Cornerstone Park.

# Residents provide feedback on lighting fields at Cornerstone Park

By Anthony Richards

An open house was held for residents at Ponte Vedra Concert Hall Aug. 25 to get feedback about a pair of proposed plans for improvements to Cornerstone Park.

Employees of St. Johns County Parks and Recreation were on hand to answer and clarify any questions residents had about the proposed projects.

The first of the improvement plans involved adding a playground area with anticipated start of summer 2023 if passed. The project would have a \$500,000 budget.

The second proposed project, and the more debated one, pertains to adding lights to the five athletic fields (four base-

ball/softball and one football).

The lights project would require an estimated budget of \$1.5 million, but the Ponte Vedra Athletic Association has proposed to offer a \$1 million donation to help fund the project if passed.

“We are here to gather the feedback tonight and report back to the decision makers as to whether the project has legs or doesn’t have legs,” Kane said.

Residents both for and against the lights project filled the Ponte Vedra Concert Hall, including several children who came with their families and were wearing their uniforms. Some of which even brought their football or lacrosse stick with them.

Those families were there in support of

adding the lights stating that it provides their children with more opportunities to play and practice.

According to PVAA president Eric Henkel, the growing population of St. Johns County has led to an increase in the number of families and children in the area, which has put more strain on the association.

“We’ve been working with the county for the last three or four years to find and create ways to expand our field capacity,” Henkel said. “Our interest is all about trying to find the kids a field to play on. Unfortunately, we’re now at a maximum level to where this past spring we had shut our soccer, lacrosse and baseball registrations.”

Those against the proposed light project are some of the homeowners near the park in the Seaside neighborhood.

They oppose because of the light that would shine on their property and

become a disturbance as well as the negative affect it would have on their property values.

“The lights today are much more hyper-focused,” Kane said.

“We love the park, but not to have games all days and times,” Seaside resident Peter Murphy said.

To counter that worry, Henkel said that there would be a 9:30 p.m. curfew, which all games at the park would need to be wrapped up by. It will also continue to be in place that no games are played on Sunday.

Seaside resident Jerry Hill stated that he believes the growth taking place is occurring primarily in the Nocatee community and they are looking to Cornerstone and the other areas of Ponte Vedra for assistance.

“Why should our properties get hit because of the lack of planning in another ZIP code,” Hill said.



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# Senior LIVING

New Stillwater golf course designed with older adults in mind **PAGE 14**

Baptist Beaches, nonprofits seek help providing support for seniors **PAGE 15**

Ponte Vedra Gardens, Tesori Foundation team up to help local students **PAGE 16**

Football and Books **PAGE 18**

Seniors reflect on a century of living **PAGE 20**

Practice to provide natural solutions to neuropathy **PAGE 22**

Extreme heat and our hearts: Dispelling safety myths **PAGE 23**

Local author receives national recognition **PAGE 26**

... AND MORE!

THE  
**RECORDER**

**THURSDAY, SEPTEMBER 1, 2022**



# New Stillwater golf course designed with older adults in mind

By Anthony Richards

The new Stillwater Golf and Country Club is officially open, and it became the first 18-hole course constructed in North-east Florida in the past two decades.

The course was designed by Bobby Weed and will be part of the Lennar Corporation's latest 549-home active adult gated community located in St. Johns.

According to Weed, because the course is associated with a community for adults 55 years and older, the layout of the holes was designed with that in mind.

"One of the first questions I ask is, 'Who am I building the golf course for?'" Weed said. "Once I know that, we can move forward with a much better idea."

A unique aspect of the course is that the 18 holes can be easily played in three-hole increments, which Weed created for golfers who do not have the time in their schedule to commit to playing the entire course at once.

Several factors were considered by Weed when designing the course to suit

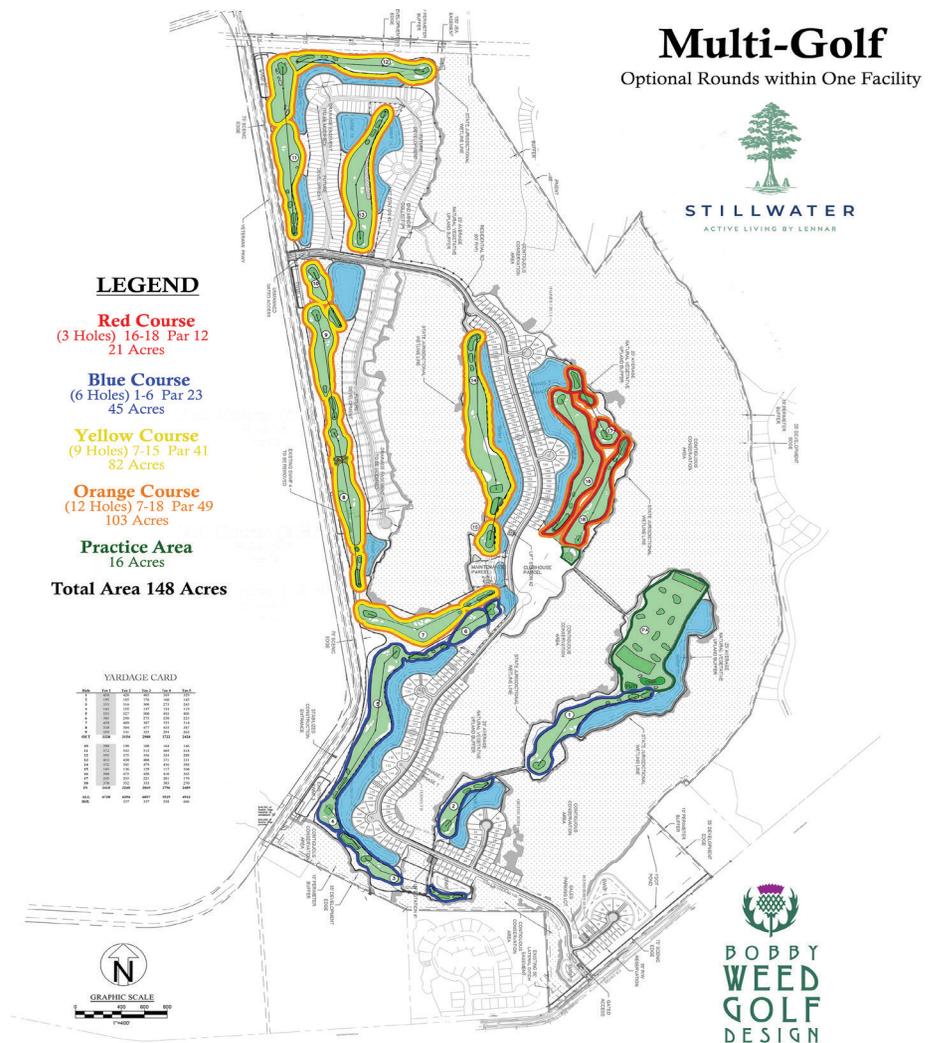


**Bobby Weed christens the new Stillwater Golf and Country Club by hitting the first shot off the tee at the No. 1 hole.**

players 55 years and older, including where the hazards are placed and plenty of opportunities to run chip shots up on the greens.

"It is challenging, but also very playable," Weed said. "The two words that

**STILLWATER** continues on **Page 15**



Photos courtesy of Stillwater Golf and Country Club

**The 18-hole course at Stillwater Golf and Country Club.**

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# Baptist Beaches, nonprofits seek help providing support for seniors

Baptist Medical Center Beaches and local beaches organizations are seeking volunteers to help provide much-needed services for senior residents.

In the beaches area, individuals 65 and older are the fastest-growing population. To ensure senior residents have the support and resources they need, Baptist Beaches is teaming up with the Beaches Council on Aging, Beaches Emergency Assistance Ministry, Hart Felt Ministries and ElderSource to recruit community members to help fill this gap.

These organizations share a commitment to the well-being of older residents

and provide a range of services to support those in need:

- Beaches Council on Aging connects seniors to people, services and places to give older residents a sense of self-sufficiency and security.
- Beaches Emergency Assistance Ministry (BEAM) provides financial, food and case management assistance.
- Hart Felt Ministries enriches the lives of seniors, enabling them to age in place with dignity and grace.
- ElderSource helps adults 60 and older, persons with disabilities 18 and older and their caregivers to live and age

with independence and dignity in their homes and communities.

“Baptist Beaches has an important responsibility to meet the unique health needs of all in our community,” said hospital President Joe Mitrick. “Previous Community Health Needs Assessments uncovered an opportunity to enhance support for our older residents. That’s why we’re taking a collective approach to addressing this need and calling on the community to help. Together, we can improve the lives of seniors in our local area.”

Volunteer positions vary by organiza-

tion but share a common goal of improving seniors’ quality of life:

- Supporting Baptist Beaches patients and visitors by serving as an official hospital volunteer
  - Providing companionship via phone to isolated residents
  - Delivering food to homebound seniors
  - Assisting with home projects and repairs
  - Researching critical resources
- To learn more about available volunteer opportunities, go to [baptistjax.com/help4seniors](http://baptistjax.com/help4seniors).

## Stillwater

Continued from 14

I like to have in mind when designing a golf course is fun and interesting.”

The course is also accompanied by a spacious driving range for those looking to warm up before a round or just wanting to work on their game.

One thing that Weed says golf courses have already been doing for years is having multiple tee boxes which can add or reduce the length of a hole depending on which one is used.

The various tee boxes present a built-in way to accommodate golfers of all ages, from older adults to children.

According to Weed, this allows for the community’s residents to be able to play

with their nieces and nephews or grandchildren when they visit, creating and outlet for quality family time on the golf course.

“Golf is such a great recreational game,” Weed said. “What’s so nice about it is that you’re out there playing on green space in open air. That environment is still one of the things that makes golf so great.”

Weed stated how the golf course design industry has taken steps over the years to help preserve the natural beauty that ties so much into the game of golf.

One of the ways in which this is man-

aged is that although the course is on 140 acres of land, it consists of only 70 acres that require irrigation.

“The environment is a component of our industry nowadays,” Weed said. “We’re all just more keenly aware about it, and that makes for a much more sustainable product.”

With that in mind, shells are used for cart paths instead of concrete or asphalt.

Although the course just opened, it was finished last summer, which meant that the grass had time to grow in and mature as they worked on completing the rest of the property’s development.



Photo courtesy of Stillwater Golf and Country Club

The Stillwater Golf and Country Club course at sunrise.

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Photo courtesy of Ponte Vedra Gardens

Ponte Vedra Gardens and the Tesori Family Foundation teamed up with Blessings in a Backpack for a back-to-school event.

# Ponte Vedra Gardens, Tesori Foundation team up to help local students

*Gardens tradition continues in conjunction with Blessings in a Backpack*

**By Anthony Richards**

Partnerships for good are always a fabulous thing, and that was the case

when Ponte Vedra Gardens teamed up with the Tesori Family Foundation and Blessings in a Backpack to make sure local students had the proper school supplies needed to succeed in the school year.

The back-to-school event was hosted by Ponte Vedra Gardens, as residents at the memory care facility did their part

in helping fill the backpacks with school supplies.

“We love these two organizations, and what a joy it is to bring them together for such a great cause,” Ponte Vedra Gardens Program Director Jennifer McCormick said.

The event was nothing new, as it has now been a tradition that has been taking

place at the Ponte Vedra Gardens for the past couple of years.

However, according to Blessings in a Backpack volunteer Sharon Kehoe, it is a tradition that never gets old.

Kehoe is a regular volunteer with Blessings in a Backpack and she keeps

**STUDENTS** continues on **Page 17**



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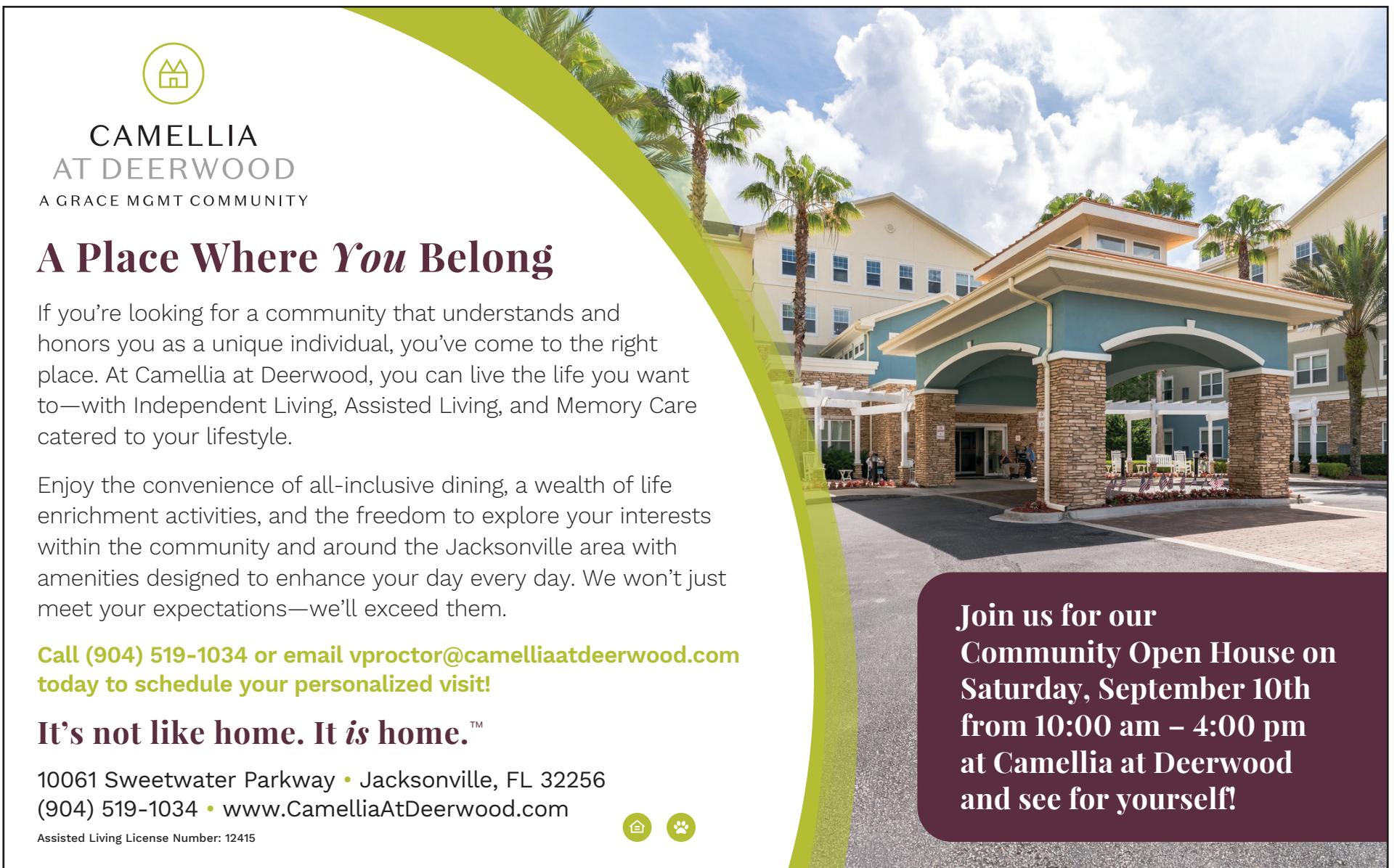
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Photos courtesy of Ponte Vedra Gardens

The event provided backpacks filled with school supplies to local students.

## Students

Continued from 16

coming back to help because she loves the way the organization is able to directly be felt within the community she calls home.

“Your heart is definitely filled just by being there and being a part of it,” Kehoe said.

The event made an impactful difference within the local community as the backpacks wound up going to students at a couple of different area schools.

“You can’t do much in school without the tools you need to succeed,” Kehoe said.

One of the most unique aspects of the event is the generational gap that is closed during it.

It is special because it brings together the older generation and the younger generation, which is something not many events are able to capture.

There are many benefits from the event, besides just the children that were impacted when they received the bags, but also the positive nature that being involved in the event has on the residents of Ponte Vedra Gardens that take part.

“No matter how they’re feeling or the amount of memory loss they have, they still always realize when they are doing something that will help children,” Kehoe said.



The event has become a tradition hosted each year at the Ponte Vedra Gardens.



The event crosses and captures the various generations to get involved.

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## GUEST COLUMN

# Football and Books

By Scott A. Grant



Scott A. Grant

I went to a high school football game the other night. I took my son. He immediately abandoned me to go sit with his friends. I was glad he had friends to go sit with.

That left me alone to ponder my surroundings. I saw a lot of happy, excited people and some pretty good football. I did not see any Marxists or groomers, although I have been repeatedly warned this election cycle that they are all around us. Maybe they don't like football.

I did not see any Rinos. Maybe I was the only one there. I did not see any Republicans or Democrats, though I suspect there were plenty of the former and some of the latter.

I did see Sharks and Mavericks and plenty of Americans of all races, colors

and creeds. God bless us all, except for the Mavericks, at least until the game is over. The Sharks won 19-0. I am not an expert, but I would say they have a pretty good team this year.

People are angry. I see it every day, especially on social media. We assault each other with silly memes supporting beliefs that don't love us and then pound our chests in victory, not knowing we have already lost that which is most precious. I wish I could write something that would bring us all together. I can't.

I often say that politics should not be like a football game, where one side wins and the other loses. Maybe I am just a cock-eyed optimist. But, in the end, we are all Americans, and we all deserve to win, at least a little.

Some people are mad about books and want to ban some from our schools, including one by Kurt Vonnegut. Frankly, I would be thrilled to see my son reading it. I am happy to see him reading anything. And I like Vonnegut.

When I was much younger, I lived across the street from an octagonally

shaped study that Mark Twain used to write several of his novels, including "The Adventures of Huckleberry Finn." Many school systems now ban the book because of a word that Twain used that is unquestionably offensive.

Huck Finn was first banned in Concord, Massachusetts, in 1885. The school board said it was racist and coarse. For the next couple of decades, it was banned someplace new every year. The New York Public Library removed the book in 1907 for using the word "sweat." The controversy just made the book more popular.

I am not a fan of book burning. It is rarely the words that offend. It is the ideas. You can pull books from the library. You can even burn them in the courtyard. But you cannot ban ideas. Books burn at 451 degrees Fahrenheit. Ideas require a hotter flame.

The progress of civilization is never linear. It is more like a drunk stumbling down a sidewalk. But it is as inexorable as time itself. So, my advice is to preach the words you believe and let someone

else preach the ones you do not. If it upsets you, read a book or go to a football game. You'll feel better. I promise.

**Scott A. Grant is a local author and historian. By day he manages investment portfolios for people who trust him. The ideas in this article are his and his alone. If they offend you or please you, you can email him at [scottg@standfatic.com](mailto:scottg@standfatic.com)**



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# Seniors reflect on a century of living



By Shaun Ryan

At 100 years old, Mildred Busat credits genetics for her longevity — thanks to the genes she inherited from her mother.

“Everybody in her family lived into their 90s, a couple in their 100s,” Busat said. “So, I guess that’s where I got it.”

Recently, Busat joined three other senior residents of The Palms at Ponte Vedra Assisted Living and Memory Care to reflect on their memories of the past century. Sitting round a table next to Busat were Geraldine Iwanowski, also 100; Harry Hansgen, 97; and Charles Thonus, 101.

They are members of a select group: those who lived through the end of the silent movie era, the stock market collapse of 1929, the Great Depression, World War II, the birth of rock and roll, the

Photo by Shaun Ryan

Pictured from left are four residents of The Palms at Ponte Vedra Assisted Living and Memory Care: Mildred Busat, Geraldine Iwanowski, Charles Thonus and Harry Hansgen.

CENTURY continues on Page 21

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# Century

Continued from 20

Cold War, mankind's first steps on the moon, the first home computers, the rise of the internet and much, much more.

Busat was born in 1922 in Norfolk, Virginia, where she lived until she finished college. After getting married, she moved to New Jersey and then to Connecticut, where she lived for more than 40 years.

"I was a typical Southern girl," she recalled. "I didn't do anything unusual. I grew up like all the kids around, went to school and played in the street."

She recalled how she and her younger sister didn't get to see their Christmas tree until Christmas morning, after Santa Claus set it up. But that wasn't the only way things have changed since those days.

"You got one or two nice toys," she said. "We didn't get a roomful."

Iwanowski was born Sept. 11, 1922, at a family farm in Packwaukee, Wisconsin. Not quite 3 pounds at birth, she survived after being incubated in the warmth of a wood stove. Graduating high school in 1940, she paid her way through Wisconsin State Teachers' College. She and her husband moved to Jacksonville in 1949, and she taught school here on the First Coast.

"I loved my work," she said. "It was fun. I enjoyed every day. I taught first grade, and the kids were cute."

In fact, her love of teaching was such that she never actually retired and could be found at the head of the classroom when she was 90.

Thonus was the youngest of 14 children born to a couple who had immigrated from Holland.

"I had some good, big, tough, older brothers to watch out for me as a kid and teach me things," he recalled.

When he was 20 years old, the Empire of Japan bombed Pearl Harbor, and he went to enlist. But he wasn't called up until the following July.

"They said they had no place to put

me," he said. "So many young guys wanted to go in."

During his time in the armed services, he had a close call.

"A bomb hit 20 feet away from me on the beach," he said. The explosion damaged his hearing for the rest of his life.

He served in the U.S. Navy until December 1945.

He went on to work as a carpenter and did some farming on the side, retiring at 65.

He said he'd never expected to see 100, though he credited lots of time outdoors and clean living for his longevity.

"The young guys I hung around with growing up thought they'd never see the year 2000," he said. "That was out of sight. No way would we ever see that. And here it is 22 years ago!"

Hansgen was born in Albany, New York, and grew up in the area around New York City. He described it as a "typical, big city" but not with all the crime we see today.

He said in those days, air conditioning in automobiles was unheard of.

"In fact, my father's cars never even had heaters," he recalled. "You kept a rag in the car in the wintertime. You either left the windows open in the winter and froze or shut the windows and kept wiping the steam off the windows as you drove."

Hansgen served aboard a Coast Guard troop transport during World War II, ferrying troops to Calcutta. In fact, on one trip, he completely circumnavigated the globe.

After the war, he became a professional musician, playing saxophone, clarinet and flute with some of the biggest stars in the business.

"It was a very glamorous profession," he said. "But you get tired of constantly traveling. You're never at home."

He changed careers and went into the insurance business. Eventually, he moved to Florida.

**NOTE: This is an abridged version of the article. To read it at full length, go to [pontevedrarecorder.com](http://pontevedrarecorder.com).**



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# Practice to provide natural solutions to neuropathy

By Shaun Ryan

A new practice expected to open in Ponte Vedra this fall will address, among other issues, a debilitating condition that affects 20 million Americans: neuropathy.

Dr. Nathan Riddle, who treats neuropathy at his practice in Rochester, New York, has found that demand for his services “has really taken off.” Now, he plans to open a treatment center here.

Neuropathy is a degeneration of small peripheral nerves, typically seen in the feet, but occasionally in the hands.

“The number one reason why the nerves are degenerating is because they’re losing circulation or blood flow to the nerve,” Riddle explained.

The result is that the affected nerve begins to die off. In some cases, neuropathy can ultimately require amputation.

Symptoms often include a burning or tingling sensation, numbness, pins-and-needles or a sharp, shooting pain. Balance may also be affected.

There are several causes, among them: trauma, exposure to environmental toxins and chemotherapy. But the most common cause may be something more common.

“I would say the number one cause of

neuropathy would be diabetes,” Riddle said.

In some neuropathy cases, however, no cause can be found.

Riddle is trained as a chiropractor. At his practice in Rochester, which has been open for 15 years, he offers spinal decompressions, chiropractic care and weight loss treatment in addition to his focus on neuropathy.

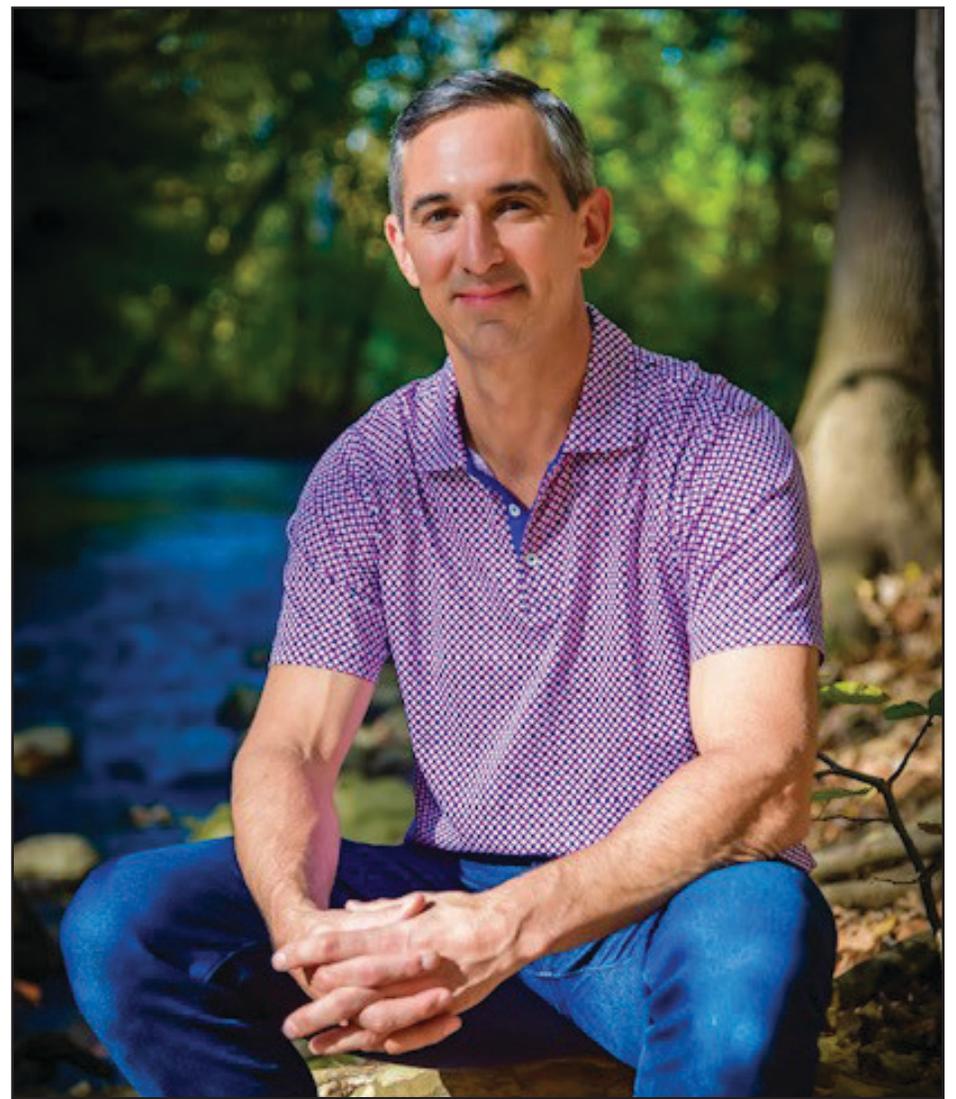
“We’ll also do some chiropractic and some weight loss, but the main focus is going to be natural solutions to neuropathy,” he said of the practice he’s planning in Ponte Vedra.

He employs a multifaceted approach using proprietary techniques. Patients would use FDA-approved equipment at home and then Riddle would work with them on nutrition and address any toxicities or deficiencies in the body.

“We’re creating that perfect environment for the body to heal itself,” he said.

Though his office has not yet opened here, Riddle provides free online seminars and does consultations via Zoom.

For more information or to register for a seminar, go to [riddlewellnessfl.com/info](http://riddlewellnessfl.com/info). The phone number is 904-395-5598.



Contributed photo

**Dr. Nathan Riddle is planning a treatment center in Ponte Vedra. One of his primary focuses will be neuropathy.**

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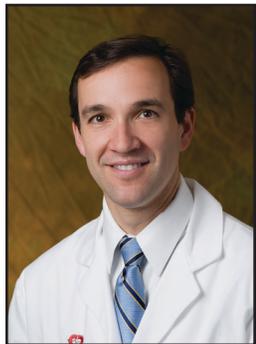
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# Extreme heat and our hearts: Dispelling safety myths

By **Anthony Magnano, M.D.**

Ascension St. Vincent's



**Dr. Anthony Magnano**

Our cardiovascular system plays a critical role in regulating our body temperature.

Even as the summer winds down, our hot and humid Florida weather is still heating up. This puts

our hearts at risk for serious conditions like dehydration, heat stroke and even heart attacks. Before you head outside to enjoy the Florida sun, make sure you keep your heart healthy. Unfortunately, misinformation can confuse us on the best ways to stay safe. Read on for the top tips and facts behind hot weather safety myths.

## Risk for Heart Problems in the Florida Heat

Heart-related illness is significantly more common in hotter temperatures. When our bodies are exposed to heat, our hearts give us the ability to sweat by pumping blood to the skin's sur-

face, while tiny blood vessels in our skin dilate to help dissipate heat. This causes the heart to beat abnormally fast and forcefully, placing an added strain that can put our hearts at risk. This is especially true for individuals with pre-existing conditions like coronary artery disease, congestive heart failure and atrial fibrillation.

## Steps to Protect Your Heart

Monitor weather forecasts and note heat advisories in your area. Avoid the outdoors during the hottest parts of the day, usually between 10 a.m. and 4 p.m., and stay in the shade whenever possible. It is also critical to stay hydrated while spending time outdoors, especially when exercising.

If you or a loved one begins to experience signs of a cardiac emergency such as chest pain, irregular heartbeat or shortness of breath, don't wait to call 911. Seek immediate care as soon as symptoms of heart-related illness arise. If you feel lightheaded or nauseous, go inside, sit down and hydrate as soon as possible.

It's also important to stay up to date on the latest safety recommendations. Here are a few of the top myths concerning summer safety, along with the facts you need to know.

• **Myth:** Heart illness caused by heat only happens in extremely high temperatures.

Heart attacks, heat stroke and other serious conditions can occur at any temperature, but their prevalence begins to rise with temperatures as low as the 70s. While the risk of experiencing heart-related illness increases as the temperature rises, factors such as humidity, airflow and direct sunlight also play an important role. Whatever the temperature, always listen to your body and don't ignore the signs of a heart emergency.

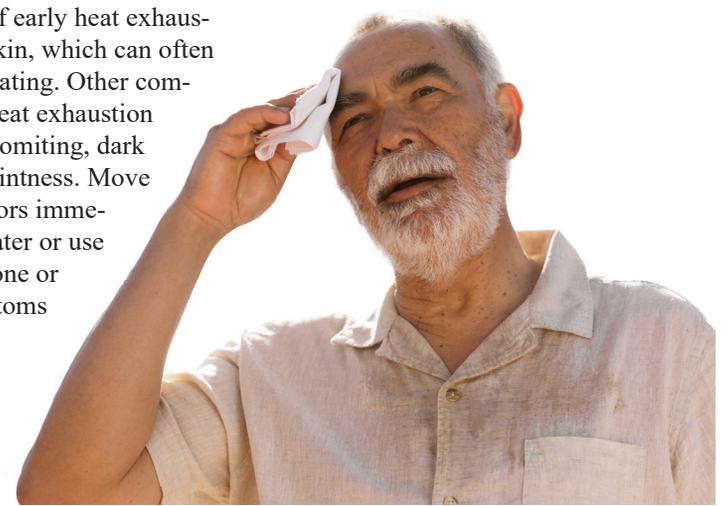
• **Myth:** If your skin feels moist and cool, you are not at risk of heat-related heart conditions.

A common sign of early heat exhaustion is moist, cool skin, which can often be mistaken for sweating. Other common symptoms of heat exhaustion include weakness, vomiting, dark urine, nausea and faintness. Move to the shade or indoors immediately and drink water or use cool compresses if one or more of these symptoms occur.

• **Myth:** Sports drinks are the best choice for staying hydrated in extreme heat.

Be cautious of sports drinks or other beverages, which contain high levels of sodium or sugar. These drinks can be especially harmful to those with high blood pressure, as they place greater strain on the heart. Consume sports drinks in moderation, and save them for heavy, indoor exercise when you can. Remember, water is usually the best choice.

**Dr. Anthony Magnano is a Ponte Vedra resident and Chief of Cardiology at Ascension St. Vincent's Riverside. To learn more or make an appointment, visit [healthcare.ascension.org](http://healthcare.ascension.org).**



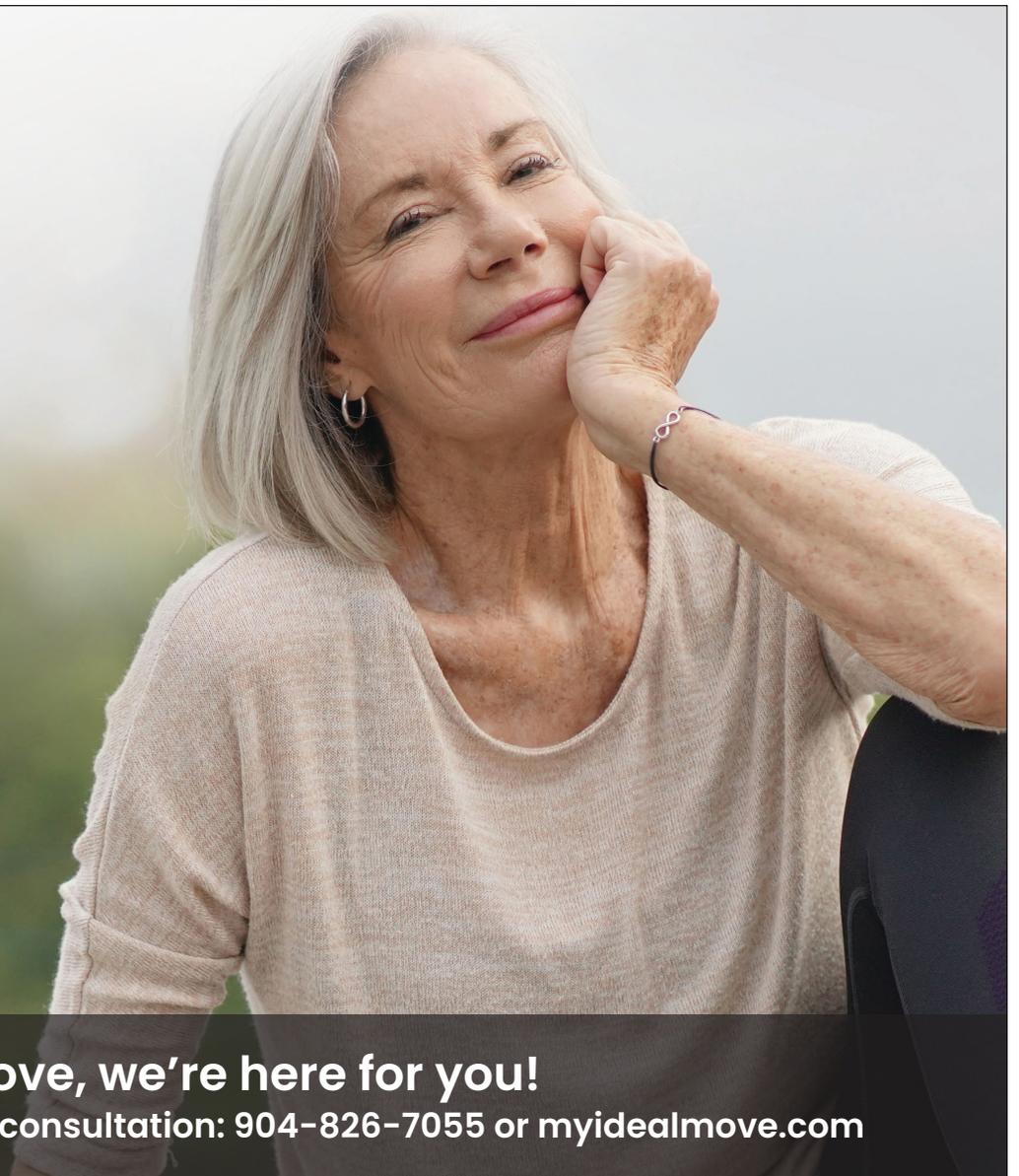
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# COA Center at Flagler Health+ Village announces programs

The following programs will be held at the COA Center at Flagler Health+ Village at Nocatee, 351 Town Plaza Ave., Suite 205, Ponte Vedra. Registration is required and space is limited. Unless specified otherwise below, register by email to pbrunell@stjohnscoa.com or by calling 904-819-3234. Classes are open to adults age 18 and older. For more information, go to [coasjc.org/center-at-nocatee](http://coasjc.org/center-at-nocatee).

## TUESDAYS

**Let's Talk About Grief:** A place for anyone who has experienced grief of any kind to come and learn about grief with empathy and encouragement from others. A group facilitator will be present at each meeting. Meets 9:30 to 11:30 a.m. Sept. 6 and 20, and 9:30 to 10:45 a.m. Sept. 13 and 27.

**Savvy Caregiver:** Are you caring for someone with a neurodegenerative disorder? Sign up today for a six-part training every care partner should know. Class meets every Tuesday for two hours, beginning Sept. 6, for six weeks.

**Caregiver Support Group:** All caregivers are welcome. Meets 1-2 p.m. every Tuesday. A trained facilitator will be present at every meeting to guide the group.

**Widows and Widowers:** Social group meeting at 11 a.m. to 12:30 p.m. the second and fourth Tuesday of every month. Next meetings: Sept. 13 and Sept. 27.

**Mind Matters Planning:** A special presentation by Community Hospice on how and why memory aids can assist people living with dementia and an explanation of the components. 2-3 p.m. Tuesday, Sept. 13.

**Label Reading Workshop:** Learn how to read food labels and choose what is best for you to eat. Presented by Carla Defuria, registered dietitian and health coach at Flagler Health+ Village at Nocatee. 2-3 p.m. Tuesday, Sept. 20.

## WEDNESDAYS

**Open Art:** Bring your art or craft project and work on it while making new

friends. Meets every Wednesday from 9:30 a.m. to 11:30 a.m.

**Caregiver Café:** A coffee/tea social experience for caregivers and their loved one to enjoy time with friends as well as varied activities and informative speakers. Meets every Wednesday at 11 a.m.

**Mah Jongg Meet-up:** Experienced players meet to play 1-3 p.m. Sept. 7, 14 and 28, and 3-5 p.m. Sept. 21.

**Tai Chi:** Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. Class may be done standing or seated. Wednesdays, starting Sept. 7 for four weeks. Class time: 1:30 p.m. Cost is \$30. To register, go to [coasjc.com/coursestorm.com/category/coa-center-at-nocatee](http://coasjc.com/coursestorm.com/category/coa-center-at-nocatee).

**Parkinson's Meet, Greet & Learn:** A special meeting for people living with Parkinson's disease and/or their loved ones. The special presenter in September will be Divya Desai, who will lead exercises based on LSVT big-seated and

standing exercises that allow patients to move with big motions and improve their movement quality. 3-4:30 p.m. Wednesday, Sept. 7.

**"Spouse in a nursing home. Do I have to go broke?":** Lecture presented by Megan Wall, managing attorney of St. Johns County Legal Aid. Find out if you are prepared to protect yourself. 10-11 a.m. Wednesday, Sept. 14.

**Genealogy Group:** A genealogy expert will be present ways to discover your roots on the third Wednesday of each month. 1-2:30 p.m. Wednesday, Sept. 21.

**Caregiver Needs Assessment:** Make an appointment with a qualified dementia care specialist who will set up a time to discuss your situation one on one; develop an individualized education and needs assessment; support, guide and empower you to find solutions for those needs. Call 904-814-9407 to schedule an appointment.

You are cordially invited to attend a conversation with the  
St. Johns County Property Appraiser, Eddie Creamer, CFA.

## "What Homestead in Florida Means to you"

Topics will include:

|                                |   |
|--------------------------------|---|
| What is Homestead Exemption?   | What if I rent my home?                     |
| How do I qualify?              | What if I own property in another state?    |
| What is "save our homes"?      | What is the non-homestead cap?              |
| What is Homestead portability? | How are homes assessed in St. Johns County? |
| What are the deadlines?        |   |

**When:** Wednesday, September 7, 2022

**Where:** The Lodge & Club, 607 Ponte Vedra Blvd. 2nd floor, Ocean Room.  
Complimentary valet and self-park

**Time:** Continental Breakfast - 8:15 am to 9:00 am  
Presentation / conversation - 9:00 am to 10:30 am (including Q & A)

**RSVP:** 10am on Tuesday, September 6th, by e mailing  
Sheri.Feig@LPL.com or calling (904) 567-6767

**Facilitator / Sponsor:** Robert R. Franskousky – CFP®, AIF®, CDFIA®, PPC™, MBA  
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# THE PLAYERS Community Senior Center announces programs

The following programs will be held at COA's THE PLAYERS Community Senior Center, 175 Landrum Lane, Ponte Vedra Beach, beginning this month. Most classes are four weeks long and begin the first week of September. If you have any questions or would like to register, call Suzanne Duvall at 904-209-3659.

• **Lunch** — Four weeks at noon-1 p.m. Tuesdays starting Sept. 6. Registration required a week in advance and fee required. \$5 per meal.

• **Lunch** — Five weeks at noon-1 p.m. Thursdays starting Sept. 1. Registration required a week in advance and fee required. \$5 per meal.

• **Duplicate Bridge** — Five weeks at noon-3 p.m. Fridays starting Sept. 2. Fee required: \$2 per person, per Friday.

• **Acrylic Painting** — Four weeks on second Wednesday of each month from 9 a.m. to noon starting Sept. 7. Fee required and varies. Call for details.

• **Hisshin Sumi-E Painting Class** — Traditional East Asian brush painting. Second Thursday of each month at 11:30

a.m. Starts Sept. 8. Fee is \$3 per person.

• **Caregiver Support Group** — Free program that meets from 11:30 a.m. to 12:30 p.m. on the first Wednesday of each month. Begins Sept. 7. Register with Alzheimer's Association at 800-272-3900.

• **Chair Exercise** — Four weeks at 9:30-10 a.m. Tuesdays. Starts Sept. 6.

• **Chair Exercise** — Five weeks at 9:30-10 a.m. Thursdays. Starts Sept. 1.

• **Canasta** — Four weeks, 10 a.m. to noon Tuesdays. Starts Sept. 6.

• **Canasta** — Five weeks, 10 a.m. to noon Thursdays. Starts Sept. 1.

• **Mexican Train Dominoes** — Four weeks, 10-11:30 a.m. Starts Tuesday, Sept. 6.

• **Ask a Nurse** — Four weeks, 10:30 to 11:30 a.m. Starting Tuesday, Sept. 6.

• **Bingo** — Four weeks, 1-2 p.m. Tuesdays. Starts Tuesday, Sept. 6.

• **Bingo** — Five weeks, 1-2 p.m. Thursdays. Starts Thursday, Sept. 1.

• **Social Bridge** — Four weeks, 9:30 a.m. to noon starting Wednesday, Sept. 7.

• **Board Game Playing** — Four weeks, 10 a.m. to noon starting Wednesday, Sept. 7.

• **Wii Bowling** — Five weeks, 10-11 a.m. starting Thursday, Sept. 1.

• **Dominoes Fun** — Five weeks, 10 a.m. to noon starting Friday, Sept. 2.

• **Trivial Pursuit** — Five weeks, 10:30 a.m. to noon starting Friday, Sept. 2.

• **First Coast Opera Presentation** — Learn more about this organization and what they have to offer. A special guest may accompany the presenter with a live demo performance. 11 a.m. Thursday, Sept. 1.

• **Trivia Fun Hosted by Humana** — Test your knowledge, have fun and learn some new and interesting information at 11 a.m. Tuesday, Sept. 6.

• **Ponte Vedra Hearing Associates "Dessert & Learn"** — Educational opportunity about hearing while you enjoy

a special sweet treat at 11 a.m. Thursday, Sept. 8.

• **Sing Along with Lisa from Home Instead** — A fun and interactive sing-along at 11 a.m. Tuesday, Sept. 13.

• **"Spouse in Nursing Home? Do You Have to Go Broke?"** — St. Johns County Legal Aid's Megan Wall, managing attorney, will provide this informative and helpful lecture at 11 a.m. Thursday, Sept. 15.

• **September Birthday Bash sponsored by Camellia at Deerwood** — A celebration of all September birthdays with some goodies and a game at 11 a.m. Tuesday, Sept. 20.

• **Fall Craft & Refreshments with Windsor Pointe** — Join special guest Windsor Pointe Senior Living on the first day of fall with a pumpkin-making craft activity. Refreshments provided. 11 a.m. Thursday, Sept. 22.

• **Live Music with Lou Parisi** — Singing, dancing and fun with this live entertainment at 11 a.m. Thursday, Sept. 29.



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# Special programs planned at local senior center

There are a lot of fun things going on at THE PLAYERS Community Senior Center, 175 Landrum Lane, Ponte Vedra Beach. Here's a look:

• **Herbology With James Carucci** — This course is designed to show participants how herbs can be used to promote health and well-being by looking at specific health concerns and herbal solutions.

Each week, the class will look at an area of health and explore the variety of herbs, which can be used to treat or prevent the

condition. Participants will learn techniques to create their own remedies and will have a chance to either make or taste samples.

The cost is \$30 for a four-week session held at 3-4 p.m. Tuesdays, Sept. 2, 13, 20 and 27. For more information or to register, contact Suzanne Duvall at 904-209-3659 or sduvall@stjohnscoa.com.

• **Line Dancing** — This class is open to all levels and all adults in the area. Instructor Will Oglesby has many years of experience and is passionate about what he does.

He is dedicated to his work and making it fun for everyone.

The cost is \$30 for four sessions at 5-5:30 p.m. Sept. 7, 14, 21 and 28. Registration and payment required in advance. Contact Suzanne Duvall at 904-209-3659 or sduvall@stjohnscoa.com.

• **Tap Dance Class** — This class is open to all adults and experience levels. Instructor Ginny Wirzbicki has been dancing since she was 5 years old and has learned many different types of dance. Tap has always

been her favorite, and she became an assistant instructor at the age of 15. She has continued dancing and teaching throughout the years and has been involved with COA's tap dance classes since 2017.

The cost is \$30 for a five-week session at 10:30-11:30 a.m. Fridays, Sept. 2, 16, 23 and 30 and Wednesday, Sept. 7. There is no class on Sept. 9. Registration and payment required in advance. Contact Suzanne Duvall at 904-209-3659 or sduvall@stjohnscoa.com.

# Local author receives national recognition

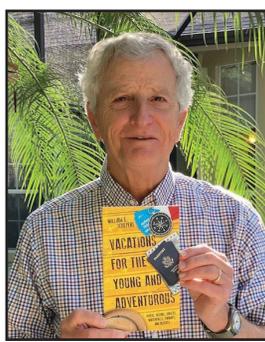
The 2022 Florida Authors and Publishers Association President's Book Awards recognized "Vacations for the Young and Adventurous" by William E. Schepens, in the category of Young Adult Fiction, as a silver medal winner.

Hosted by the Florida Authors and Publishers Association, this prestigious national award is open to books published between 2020 and 2022. The judges for this national competition are librarians, educators and publishing professionals.

"The FAPA President's Book Award exists to promote excellence in the publishing industry by recognizing talented contemporary authors who put both heart and soul

into their work," said Pat Stanford, a past president of FAPA. "FAPA is proud to be a champion of authors and publishers going the extra mile to produce books of excellence in every aspect."

"Vacations for the Young and Adventurous" consists of six fictional short stories published by William Schepens that will stir the imagination of every young person and make them desire vacations with adventure and excitement. Readers will go with Grace, Will and John as they travel the world and experience



tsunamis, fire-breathing sea monsters, man-eating alligators, talking monkeys, plane crashes, pirates in the Bermuda Triangle, high-speed snakes in the Sahara and terrorists. Every vacation is an adventure.

Schepens wrote his work while navigating life during the COVID-19 pandemic. He has lived in Ponte Vedra Beach since 2015.

"We are proud to announce this year's winners who truly embody the excellence this award was created to celebrate," said FAPA's Immediate Past President Renee

Garrison. "Their works are representative of creative storytelling, bold concepts and innovative ideas which make the President's Book Awards so well respected by librarians and those in the publishing industry. We salute all our winners for their fine work."

The Florida Authors and Publishers Association is an organization for authors, publishers, illustrators, editors, printers and other professionals involved in the publishing industry. It focuses on providing the highest quality of information, resources and professional development to members and others interested in the writing and publishing profession.



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# New hospital increases access to heart care in St. Johns County

By **George R. Dibu, MD, FACC**

Ascension St. Vincent's



**Dr. George R. Dibu**

As chief of cardiology for Ascension St. Vincent's St. Johns County, which just opened in July, my goal is for every patient to be treated like my own family member, to feel comfort-

able and at ease while receiving the best heart care they need. Now that our specialized cardiology services are more accessible than ever, we look forward to serving all our new patients from Ponte Vedra, Nocatee, St. Augustine and beyond.

## St. Johns County Hospital Facilities

The new hospital is 150,000 square feet and includes 56 inpatient beds, including eight intensive care beds, and an adjacent medical office building with multiple specialties. In addition to heart care, hospital services include emergency services, inpatient hospitalization, orthopedics and musculoskeletal care, general surgery, lab services and imaging. The hospital also has a catheterization lab, interventional radiology labs, an echocardiography lab, nuclear cardiology lab and an endoscopy suite. We built the hospital with expansion in mind as community needs grow and evolve.

What this means for cardiology patients is that we can perform all necessary testing and imaging to make the right diagnoses and provide the best treatment on site. For certain very specialized advanced cardiac treatments, such as structural heart procedures (including the TAVR, MITRA-CLIP and Watchman), we will refer you to our experts at another Ascension St. Vincent's hospital — as we are all part of one team. Fortunately, we can offer most of the cardiology services patients need right here.

## Specialty Cardiology Services

At Ascension St. Vincent's St. Johns County, we have a team of cardiologists who will be happy to see you. We work with you to help prevent heart attack or stroke, and help manage high blood pressure, high cholesterol, heart failure and heart rhythm problems. Our doctors specialize in caring for many heart

conditions, including atrial fibrillation, aortic stenosis, congestive heart failure, peripheral artery disease (PAD) and coronary artery blockages. We are also in the process of launching a Women's Heart Program. No matter what heart care you need, we will match you with the right specialist and tailor your care to you.

## Diagnostic Technology

We are fortunate to offer a wide range of diagnostic services including echocardiograms, nuclear and treadmill stress tests, EKG, heart monitoring, cardiac catheterization tests and more.

## What To Do in a Heart Emergency

Keep in mind that if you have symptoms of heart failure, which include shortness of breath, abdomen swelling and difficulty breathing, or if you are having chest pain, please call 911 and seek immediate care. Ascension St. Vincent's St. Johns County has all the tools needed to diagnose and treat heart emergencies.

## Take Control of Your Heart Health in St. Johns County

Treating every patient like family is a priority to me. I always say it's easy to find a doctor, but it's not easy to find the right doctor. Our care teams can provide you with the best heart care you need, when and where you need it. Take control of your heart health by making an appointment today.

**Dr. George R. Dibu is chief of cardiology at Ascension St. Vincent's St. Johns County. For more information on Dibu, go to [healthcare.ascension.org](http://healthcare.ascension.org) or call 904-691-9100.**



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# Nocatee author's "Income Factory" helps investors through turbulent markets



Steven Bavaria

When Steven Bavaria first introduced his "Income Factory" about five years ago, he received some negative feedback for suggesting that "market price growth" need

not be an essential part of a long-term investment strategy.

But the recent stock market turbulence and financial uncertainty has heightened interest in his Income Factory philosophy, which focuses on "creating your own growth" by reinvesting and compounding high yield investments rather than "wishing, waiting and hoping" for the often-fickle market to do it for you.

Bavaria says the big advantage to his strategy is that during unsettled stock market periods, like this past year, a typical "growth" portfolio sits dead in the water while investors collect cash dividends of only 1% or 2%.

Meanwhile an Income Factory, while equally uninspiring from a price-growth perspective, is churning out cash distributions at a 9% or 10% rate, Bavaria says. Investors can reinvest that cash in additional stock, funds or other income-producing assets, at bargain prices and above-average yields in the current environment. So even though the market prices of their assets may currently be down or going nowhere, the income they generate continues to grow, month after month.

"That means when I get my dividend payments every month, I can reinvest them and, essentially, give myself a raise," Bavaria explains. "So, I know that my real 'wealth,' as defined by the income my portfolio (i.e. factory) produces, is continually growing, even if the market value doesn't reflect it yet."

Bavaria, who moved to Ponte Vedra earlier this year, has managed to attract 13,000 followers on the Seeking Alpha investment website, have a book ("The Income Factory: An Investor's Guide to Consistent Lifetime Returns") published

by McGraw-Hill, and more recently start a subscription service, Inside the Income Factory, for Seeking Alpha readers who want more frequent, personal access to the author and other Income Factory practitioners.

The approach has resonated with thousands of readers of Bavaria's book and articles who have adopted Income Factory strategies and are achieving more predictable investing results with less angst and drama.

Key to the reduced "angst and drama" is the wider range of investment "bets" that Income Factory investors can choose to execute their strategy.

"Securities in our Income Factory don't have to outperform," Bavaria explains. "All they have to do is keep on making the interest and dividend payments they already make."

He calls that "non-heroic" investing. If it were a horse race, the "heroic" investments that expect above-average growth over time (i.e. investing in stocks) are the equivalent of betting on horses to win the race, or at least place or show, meaning they have to do much better than the average horse in the field.

Income Factory horses (i.e. credit bets) only have to "finish the race," i.e. stay in business and make the interest and dividend payments they currently do.

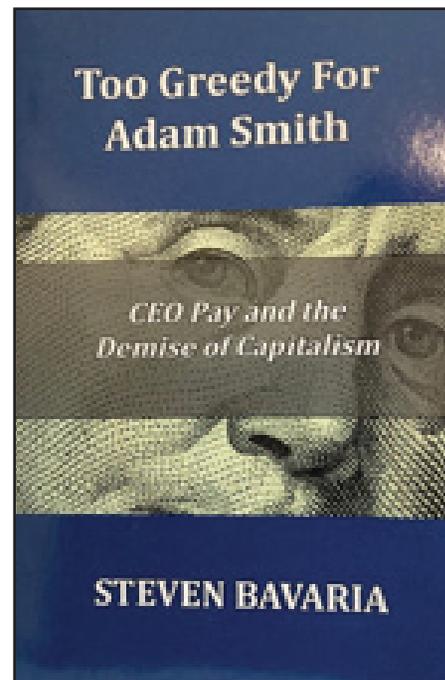
Which is the safer bet — Bavaria asks — betting on specific horses to win, place or show, or betting on the entire field of horses to just finish the race? His bottom line: credit bets are much easier and predictable to win than equity bets.

## Breaking Free From The Financial Media

Bavaria encourages investors to break free from Wall Street and the financial media's obsession with day-to-day, minute-to-minute price changes, and focus instead on what really matters: growing an income stream.

In his book he compares CNBC and other business channels to ESPN's sports coverage.

"Getting the public hooked on 24/7, nonstop sports coverage has been profitable for the teams and the networks, and fun for lots of sports fans," he says,



"Too Greedy for Adam Smith"

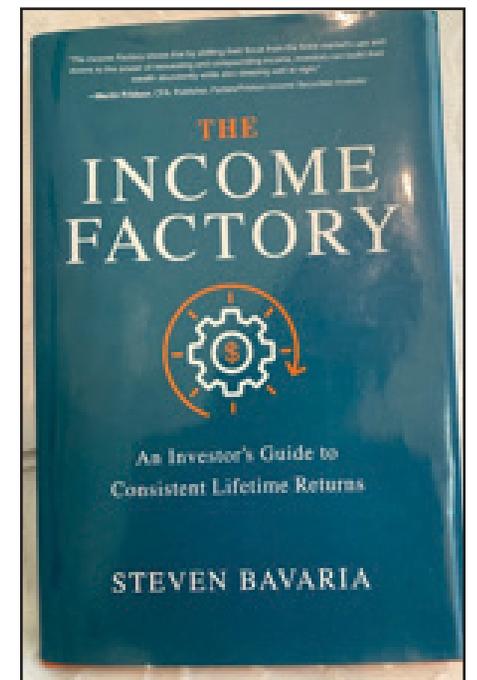
"but that sort of obsession with minute-to-minute changes in stock prices and indices sends the wrong message to long-term investors, even though it boosts viewership and ad revenues for the networks."

Bavaria says the idea behind the Income Factory is simple. When Ford Motors builds a new plant, nobody pays attention to its market value, or how much the plant is worth from one week or month to the next. Instead, Ford focuses on how many cars and trucks it produces, and how to increase that output going forward.

In The Income Factory, Bavaria, a former international banker and journalist, adopts a similar approach.

He compares an investment portfolio to a factory whose job is to produce a "river of cash" that can be used to fuel one's own growth through re-investing and compounding, without being dependent on "the market" to do it. He defies the idea that investment success depends on market appreciation, demonstrating that "math is math" and a 10% cash yield and 0% growth produces the same total return as a 0% cash yield and 10% growth.

The biggest mistake investors make,



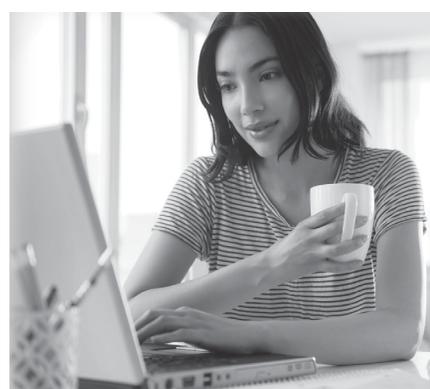
"The Income Factory: An Investor's Guide to Consistent Lifetime Returns"

Bavaria says, is losing their nerve and getting defensive during downturns. They may "get off the investment train," as he puts it, and then find themselves "standing on the platform when the train starts up and pulls out of the station."

Having your own steadily growing income stream through financial market turmoil, of the sort we've seen recently, he says, makes it emotionally easier for many investors to "stay the course and not make typical errors so many investors make in turbulent times, that they regret for years afterwards."

Bavaria is a financial writer whose books include "The Income Factory" (McGraw-Hill) and "Too Greedy for Adam Smith" (an exposé of CEO pay practices). He and his wife Betsy live in the Del Webb Nocatee community. He is a graduate of Georgetown University and New England School of Law. A former executive of Bank of Boston and Standard & Poor's, he also was a reporter/editor at Investment Dealers' Digest.

The book is available on Amazon: [amazon.com/Income-Factory-Investors-Consistent-Lifetime/dp/1260458539/ref=tmm\\_hrd\\_swatch\\_0?\\_encoding=UTF8&qid=&sr=](https://www.amazon.com/Income-Factory-Investors-Consistent-Lifetime/dp/1260458539/ref=tmm_hrd_swatch_0?_encoding=UTF8&qid=&sr=)



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# Fall Boat Show set for Oct. 15-16 at J-Tech Institute

The North Florida Marine Association has announced the Northeast Florida Fall Boat Show dates: Oct. 15 and 16 at the J-Tech Institute campus in Jacksonville's Southside.

The boat show will offer two days of water-related fun, family-friendly activities and educational seminars, as well as deals on hundreds of boats and thousands of accessories. Boat show attendees will be among the first to see and board brand-new models of all types of watercraft, including fishing boats, cruisers, ski boats, pontoons, inflatables, personal watercraft, and more.

The boat show is sponsored by VyStar Credit Union, J-Tech Institute, AgPro and Freedom Boat Club.

Highlights include:

- A wide range of boat and accessory dealers
- Hundreds of boats and thousands of accessories for sale
- Fishing tackle and apparel
- Boat rental companies
- Storage, docking and lift options
- Boat customization and repair
- Little Skipper Kid Zone sponsored by Freedom Boat Club

"The Fall Boat Show is back, and we're very excited to host attendees at our new location at J-Tech," said Erin Johnson, North Florida Marine Association



administrative director. "The facility is centrally located and offers the perfect setting for all the fun Jacksonville has come to expect at our boat shows. There are so many vendors, products and resources to browse. This fall's show will be better than ever."

J-Tech Institute is located at 8813 Western Way, Jacksonville. Boat show hours are 10 a.m. to 6 p.m. Oct. 15 and 16. Admission is \$8 for adults and \$6 for seniors, military and first responders with ID. Kids age 15 and younger are admitted free with paid adult admission. Food and beverages will be available from food truck vendors, and parking is free.

For more information, go to [boatjax.com](http://boatjax.com).

The purpose of the North Florida

**BOAT SHOW** continues on **Page 32**



Contributed photos

The Northeast Florida Fall Boat Show will be held Oct. 15 and 16.



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# Ponte Vedra student a Bank of America Student Leader

Four area high school seniors were selected as Bank of America Student Leaders this summer (#BofAStudentLeaders) in a program that included an eight-week summer internship providing students first-hand experience in serving their communities. Started in 2004, the Student Leaders program recognizes 300 community-focused juniors and seniors from across the U.S. annually.

Ponte Vedra High School rising senior Alexis Magnano was among those selected.

Magnano stands by the fact that today's youth are the leaders of tomorrow. To help her generation reach their full potential, she founded and became co-president of JaxTHRIVE, a student-led nonprofit in Jacksonville providing refugee students with a nurturing environment to advance in the classroom and flourish in the community.

With more than 275 volunteers, totaling more than 13,000 service hours, her team spends their free time making personal connections with refugee teens and recruiting friends to do the same.

"Preparing today's youth through workforce training, financial literacy development and engagement in their community is imperative to equipping them to lead better financial lives," said Mark Bennett, president, Bank of America Jacksonville. "This year's group of four civically engaged students are building a strong foundation through their community involvement and their participation in the Student Leaders program, which will prepare them for the future."

The prestigious, paid internship experience offers workforce skills, leadership and civic engagement with local nonprofits, including Communities in Schools of Jacksonville. As part of the program, they are earning \$17 per hour.

Without access to career skills-building opportunities like the Student Leaders program, many young people may be left behind in a fast-changing job market, leading to higher rates of youth unemployment.

"The Student Leaders program gave us insights on the administration and management of a nonprofit organization," said Alexis Magnano. "I now understand how organizations like Communities in Schools are managed. I even attended and was encouraged to participate in their annual board meeting. I learned so many important lessons that I will apply to my nonprofit, JaxTHRIVE, and to my VolunTEEN program launch!"

The other three Class of 2022 Duval

County Bank of America Student Leaders are:

- Octavius Woods, a rising senior at Jean Ribault High School. Throughout his high school career, Octavius found a passion for helping young men like himself find their voice and their path. As a volunteer with the Distinguished Gentlemen Club and the president of the Future Lawyers and Leaders Club, Octavius inspires his peers to strive for success and do what is right for the larger community.

- Morgan Mathews, a recent graduate of Stanton College Preparatory School. Morgan joined Girls on the Run back in third grade and has stayed committed to the program ever since. She said that Girls on the Run not only introduced her to running, but also her ability to discover her talents, form passions, and set personal goals. Morgan now serves as a junior coach, investing in the next generation to help young girls in Jacksonville realize their full potential.

- Matthew Chao, a rising senior at Stanton College Preparatory School. Matthew is the treasurer and project coordinator of the KIND Project, which works alongside the Ronald McDonald House to aid sick children and their families as they face steep medical expenses. This project particularly hits home as Matthew's family has worked along with the Ronald McDonald House to aid a fellow family member. Matthew shares that meeting families and seeing the smiles on the kids' faces when volunteering helped him learn that even the smallest acts of kindness can have a profound influence on others.



Contributed photo

Pictured from left are, front, Morgan Mathews and Alexis Magnano; back, Matthew Chao and Octavius Woods.

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# Beaches Go Green, Publix provide reusable bottles to youth athletes

A new initiative wants people to “think reusable” for a healthier planet and healthier athletes.

Reducing plastic pollution is the goal of the Beaches Go Green’s Reusable Sports Bottle Program. Through the sponsorship of Publix and Publix GreenWise Market and a partnership with Beaches Go Green, more than 12,000 youth athletes will receive a SIC stainless-steel reusable sports bottle as part of their sport’s uniform for the 2022-23 school year.

Student athletes who receive bottles bearing their school’s custom logo will receive education on plastic pollution and will be strongly encouraged to use and reuse the bottles at practices, games and beyond.

“Our Publix Mission challenges us to be responsible citizens in our communities,” said Maria Brous, Publix director of communications. “Part of that mission is to meet today’s needs while being mindful of what’s essential for tomorrow. We are proud to support student athletes and share in the responsibility to educate our youth on the principles of reduce, reuse and recycle.”

Beaches Go Green Founder Anne Marie Moquin added

“Our goal is to create awareness about wasteful and polluting single-

use plastic,” added Beaches Go Green Founder Anne Marie Moquin. “Plastic does not biodegrade. It breaks up into tiny pieces of plastic called microplastics, which are now found almost everywhere, especially in our soil, air, water and food. As a society, we are just beginning to understand the negative impact of plastic on our planet. The schools/teams benefiting from this program also have Beaches Go Green Student Environmental Education Clubs. BGG Student Club members help to educate their peers and help to put the ‘reuse’ ideas into action. We are optimistic that student athletes will adopt these reuse habits and skip single-use plastic at school, on the field/court, at home and in everyday life.”

Beaches Go Green, a 501(c)(3) nonprofit, aims to create awareness and education around the waste that people produce and how it impacts the planet. With a focus on single-use plastics and the oceans, BGG encourages people to take small steps to decrease their plastic consumption and overall waste.

For more information or to sponsor a team, contact [annemarie@beachesgogreen.org](mailto:annemarie@beachesgogreen.org) or go to [beachesgogreen.org](http://beachesgogreen.org).

For more information about Publix, go to [sustainability.publix.com/store-front](http://sustainability.publix.com/store-front).



Contributed photo

Hundreds of boats and thousands of accessories will be available at the Northeast Florida Fall Boat Show.

## Boat Show

Continued from 30

Marine Association is to foster and promote safe boating in the Northeast Florida area; to aid and assist in the proposal and adoption of suitable laws and regulations relating to boats and

safe boating; to promote social activities and education between its members and exchange ideas on promotions and sales of their products and services, and to aid, assist and conduct displays of boats, equipment and allied products and services.

To become a member or learn more, go to [boatjax.com](http://boatjax.com).



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# Business Weekly

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[www.PonteVedraRecorder.com](http://www.PonteVedraRecorder.com)

## Hilton Garden Inn marks completion of renovation

Hilton Garden Inn Jacksonville Ponte Vedra Sawgrass has announced the much-anticipated completion of its extensive, all-encompassing renovation, providing a total overhaul and refresh of the property's guest rooms, lobby, market, fitness center and outdoor pool, as well as its on-site, full-service restaurant and bar, Mulligan's Pub.

Guest room upgrades aimed at enhancing the guest experience include new coastal-inspired furniture and fixtures as well as refreshed paint and carpeting throughout. Several technological enhancements were implemented as well, including the installation of new 52-inch HDTVs with entertainment offerings allowing guests to stream their Netflix and Hulu accounts in-room, as well as smartphone check-in and digital key capabilities.

Appealing to a variety of travelers, Hilton Garden Inn Jacksonville Ponte Vedra Sawgrass is pleased to introduce two all-new innovative room options established during the renovation. Boasting a king bed, 52-inch HDTV and an in-room Peloton bike and assorted workout equipment, the Five Feet to Fitness rooms provide a haven for movement and mindfulness, allowing guests to wake up and work out in the comfort of their own space.

The hotel has also added a Super Suites option comprised of three adjoining rooms that can comfortably sleep eight to 10 guests — perfect for family vacations, bachelor and bachelorette trips and more.

"Every element of the hotel's renovation was implemented to reflect the needs



Guest room upgrades aimed at enhancing the guest experience include new coastal-inspired furniture and fixtures as well as refreshed paint and carpeting throughout.



Mulligan's Pub has received new furniture, fixtures and a reconfigured layout, creating a more efficient flow and modernized feel.

and wants of today's business and leisure travelers," said Bob Arndt, general manager of the hotel. "We are extremely proud of our refreshed space and are excited to welcome guests — new and returning — to enjoy our new look and amenities."

Other notable upgrades include a new health and fitness center with state-of-the-art workout equipment with a golf-specific focus, and a stylistic refresh of



Contributed photos

Hilton Garden Inn Jacksonville Ponte Vedra Sawgrass has completed an all-encompassing renovation.

The Shop, the hotel's 24/7 market offering an assortment of for-purchase drinks and snacks.

The hotel's outdoor pool was refinished during the renovation with new patio furniture and loungers, and an open-air patio was added to the hotel's on-site restaurant and bar, Mulligan's Pub, inviting guests to enjoy a selection of Irish-inspired dishes, craft beer and cocktails, live music and more. The restaurant also received new furniture, fixtures and a reconfigured layout, creating a more efficient flow and modernized feel.

Hilton Garden Inn Jacksonville Ponte

Vedra Sawgrass, owned by Noble Investment Group and managed by Tampa-based McKibbin Hospitality, is primarily positioned at the entrance of the famed TPC Sawgrass, home of THE PLAYERS Championship and the PGA Tour headquarters. In addition to all-new contemporary accommodations, guests can enjoy convenient access to the Mayo Clinic Jacksonville, St. Johns Town Center, and four public beaches with more than 22 miles of coastline.

To learn more, go to [hilton.com/en/hotels/jaxpvgi-hilton-garden-innjacksonville-ponte-vedra-sawgrass](http://hilton.com/en/hotels/jaxpvgi-hilton-garden-innjacksonville-ponte-vedra-sawgrass).

## Benchmarks of Success

A look at major career changes in the area.



**Heather Clair MD joins Flagler Health+ Primary Care**

Heather Clair MD, a board-certified family medicine physician,

has joined Flagler Health+'s network of primary care providers. Clair is now scheduling appoint-

ments for new patients at the Flagler Health+ Primary Care office at Julington Creek, 2570 Race Track Road, Suite A, St. Johns.

Providing versatile care for patients from newborn to geriatric, Clair joins Flagler Health+ and is practicing alongside Tristan Imhoff MD at the Julington Creek office, which opened in early 2022.

Clair received her doctorate degree in

BENCHMARKS continues on Page 34

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# Renovated Hilton Garden Inn, Mulligans hosts After Hours

Renovated Hilton Garden Inn, Mulligans hosts After Hours The Hilton Garden Inn Jacksonville Ponte Vedra Sawgrass hosted the St. Johns County Chamber of Commerce for an “After Hours” event Aug. 24. The event was held at Mulligan’s Pub, the hotel’s on-site restaurant, which was recently renovated along with the hotel.

Photos by Susan Griffin



**Bob Arndt, general manager at Hilton Garden Inn Jacksonville Ponte Vedra Sawgrass.**



**Suzanne Green and Tim Crosby.**



**Donne Ordile and Anna Washington.**

## bestbet opens St. Augustine cardroom, sports bar

bestbet, a poker, simulcast and gaming operator, opened its third location in North Florida on Monday, Aug. 29.

The new 40,673-square foot facility marks bestbet’s return to St. Johns County after previously opening Northeast Florida’s first cardroom on Race Track Road in 2004.

“We are very excited to return to St. Johns County with the newest addition to the bestbet portfolio,” said Jamie Shelton, bestbet president. “Our team has done an outstanding job in bringing this project to completion, and we couldn’t be more proud. We would like to thank St. Johns County for its support and for working with us to bring this project home.”

The new cardroom broke ground in July 2021. It boasts 49 gaming tables, a state-of-the-art sport bar, more than 70 flat

screen TVs, a sushi bar, simulcast wagering and tableside service.

The facility features card games of all limits, One Card Poker, Three Card Poker, Fortune Pai Gow, Ultimate Texas Hold’em and more, as well as a large simulcast area with private carrel seating. The sports bar will broadcast the top sporting events and feature game day favorite food and a full bar.

bestbet hired hundreds of local residents to staff the new cardroom, and company officials believe the economic impact is going to be very positive for the area.

“Our new facility will employ over 200 employees day one, including but not limited to, information technology, accounting and finance, cardroom operations, servers, dealers, security and surveillance and other senior management positions,” said

Shelton. “While the economic impact can never be precisely calculated in connection with a new or relocating business to a community, we are very confident, along with county officials, the positive impact is going to be very significant.”

bestbet St. Augustine is located at 800 Marketplace Drive, St. Augustine. For more information, go to [bestbetjax.com](http://bestbetjax.com).

bestbet has three locations in North Florida. The Jacksonville poker room, the largest in Florida, features more than 80 tables of all limits, an expansive simulcast wagering facility and an array of food-and-beverage service that includes sushi. The Orange Park location has more than 30 tables, simulcast wagering and food-and-beverage service. The cardrooms are open 24 hours Saturday and Sunday, and from 10 a.m. to 4 a.m. Monday through Friday.

## Benchmarks

Continued from 33

medicine from the University of Louisville School of Medicine and her Ph.D. in biochemistry and molecular genetics from the University of Louisville. She completed her residency at the Orange Park Medical Center Family Medicine Residency in Orange Park.

She earned her Bachelor of Science and Master of Science in agriculture from the University of Georgia College of Agricultural and Environmental Science.

To learn more or schedule an appointment, go to [flaglerhealth.org/julingtoncreek](http://flaglerhealth.org/julingtoncreek) or call 904-819-1005.



**Smyth named director, donor services at The Community Foundation**

**Kacie Smyth** The Community Foundation for Northeast Florida has promoted Kacie Smyth to director, donor services.

Smyth joined the foundation in June 2021 as its first-ever director of the Women’s Giving Alliance (WGA), an initiative of the foundation. In her WGA role, Smyth partnered with the member-elected volunteer leadership and managed all operational aspects of the 400-plus member organization, including membership, communications and grantmaking.

In her new role, Smyth will manage donor services, including donor relationships and customer service initiatives. She will work with the vice president, donor services to implement the strategic direction for donor education, stewardship, asset development and philanthropic leadership initiatives.

Prior to joining the foundation, Smyth was the assistant director, philanthropy for Nemours Children’s Health. She currently serves on the board of the First Coast Chapter of the Association for Fundraising Professionals and is the 2022 chair of National Philanthropy Day.

She earned her Bachelor’s and Master’s degrees in health administration from the University of North Florida.

Smyth and her husband Travis live in Ponte Vedra Beach.

— Compiled by Shaun Ryan

# In the Arts



Send your arts news to  
news@pontevedrarecorder.com

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www.PonteVedraRecorder.com

## First Coast Opera to open season with 'Bon Appetit!'

An operetta about Julia Child, with dinner and servings of chocolate cake? First Coast Opera announces its 23rd season of live opera in Northeast Florida. Based in St. Augustine, the season will open with "Bon Appetit!" on Oct. 7-8 at Celebration Hall at St. Anastasia, 5205 A1A South, St. Augustine Beach.

"Opera is sometimes serious and tragic, but sometimes downright fun," said Curtis Tucker, First Coast Opera artistic director. "The first two programs of this season highlight comedy, entertainment and chocolate cake! What could be better?"

The dinner-opera event will be catered by La Cocina International restaurant, featuring performances of Bizet's comic *Le Docteur Miracle* and Lee Hoiby's operatic depiction of Julia Child making a chocolate cake in "Bon Appetit!" The evening will include a special treat from Crème de la Cocoa. Performances will take place from 5-9 p.m. each night.

Enhanced tickets with a VIP reception are \$125, with champagne and an opportunity to meet the artists. General admission tickets are \$75, and student tickets are \$50. All tickets include the catered meal and performance. Tickets are available at [firstcoastopera.com](http://firstcoastopera.com)

### The Bat

Ring in the New Year with "Die Fledermaus" (*The Bat*), on stage at 7 p.m. Saturday, Dec. 31, and at 3 p.m. Jan. 1, in Lewis Auditorium at Flagler College, 14 Granada St., St. Augustine. This is the fully-staged production with orchestra of Johann Strauss Jr.'s classic 19th-century Viennese operetta, performed in English with complimentary champagne at intermission.

Nelson Sheeley ("The Marriage of Figaro," "H.M.S Pinafore") directs and Tucker conducts. House seats are \$70. General admission tickets are \$50, and student tickets are \$20. Choose seats at [firstcoastopera.com](http://firstcoastopera.com)

### 'Opéra Mystique'

"Opéra Mystique" will be performed in February 2023 at The Waterworks, 184 San Marco Ave., in uptown St. Augustine. This otherworldly program features staged performances with orchestra of Menotti's séance-filled "The Medium" and Holst's "Sāvitrī," based on an episode from the Sanskrit epic "Mahābhārata."



Contributed photo

"Bon Appetit!" an operetta about Julia Child, will be staged on Oct. 7-8.

### Evening of Arias

March 2023 will mark the return of "An Evening of Arias," an annual event that features heavy hors d'oeuvres, a silent auction and performances by First Coast Opera guest artists.

Founded in January 2000, First Coast Opera serves Northeast Florida's First Coast region through a series of concerts and staged productions of operas and operettas. Based in St. Augustine, performances feature guest artists from throughout the United States performing alongside local and regional talent. Go to [firstcoastopera.com](http://firstcoastopera.com) or call 904-417-5555, and follow on social media on Twitter, Facebook and Instagram.

## ON STAGE

A roundup of musical acts appearing before Oct. 2 at local venues

### PONTE VEDRA CONCERT HALL

1050 A1A North, Ponte Vedra Beach  
Purchase tickets at the St. Augustine Amphitheatre box office or [ticketmaster.com](http://ticketmaster.com).  
For further information about each act, go to [pvconcerthall.com/events](http://pvconcerthall.com/events).

- **The Fixx** — 7:30 p.m. Sept. 17.
- **Andy McKee** — With special guest Calum Graham. 7:30 p.m. Sept. 20
- **Molly Hatchet** — With special guest Strayin' Anchors. 8 p.m. Sept. 30
- **Todd Barry** — 8 p.m. Oct. 1

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Box office hours are 10 a.m.-6 p.m. Thursdays and Fridays, 8:30 a.m.-12:30 p.m. Saturdays. Tickets sold at the box office are available via credit- and debit-card only. A valid ID is required for all box office transactions and ticket purchases must be made in person. Tickets may also be purchased at [ticketmaster.com](http://ticketmaster.com).

For further information about each act, go to [theamp.com/events](http://theamp.com/events).

- **Dispatch & O.A.R.** — With special guest G. Love. 7 p.m. Sept. 4.
- **Matisyahu** — 7:30 p.m. Sept. 9
- **Billy Currington** — With special guests Noah Guthrie and Matt Koziol. 7:30 p.m. Sept. 10.
- **Ringo Starr and His All Starr Band** — 7:30 p.m. Sept. 15
- **Snail Mail** — Sing Out Loud free event. 7 p.m. Sept. 16
- **Conan Gray** — 7 p.m. Sept. 18
- **Jack White, The Supply Chain Issues Tour** — With special Guest Cat Power. 8 p.m. Sept. 19
- **Sing Out Loud: St. Augustine Record Fair** — Free event. 11 a.m. Sept. 25.
- **Sing Out Loud: Shovels & Rope** — Free event. 6 p.m. Sept. 25.
- **Earth, Wind & Fire** — 7:30 p.m. Sept. 27
- **Sing Out Loud: Lucius** — Free event. 7 p.m. Sept. 30. Sold out.

— Compiled by Shaun Ryan



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# First Lady announces 2022-23 student and educator contests

First Lady Casey DeSantis has announced the theme for the upcoming 2022-23 school year student art and essay awards: “Celebrating the Achievements of Hispanic, Native American, and Black Floridians.”

This year will be the first time that Native American Heritage Month is included in the contests, in addition to the recurring contests for Hispanic Heritage Month and Black History Month.

“I’m excited to recognize Native American Heritage Month,” said DeSantis. “Our state is rich in contributions from the Hispanic, Native American and Black communities throughout Florida. We are honored to highlight their achievements and impact on Florida’s history. These contests will help students learn about Florida’s leaders and their contributions to our great state.”

“The art and essay contests showcase Florida’s talented students and teachers,” said Education Commissioner Manny

Diaz Jr. “This year’s theme, ‘Celebrating the Achievements of Hispanic, Native American, and Black Floridians,’ will provide a fun challenge for our students and an opportunity for outstanding educators to be recognized. I look forward to seeing the creative ways in which students pay homage to great Floridians through their art and essays.”

“The Seminole Tribe plays an important part in Florida’s history and culture, and we sincerely appreciate being included in this meaningful educational outreach program that reaches students across our state,” said Marcellus Osceola Jr., chairman of the Seminole Tribe of Florida.

“We want to thank Gov. Ron DeSantis and First Lady Casey DeSantis, as well as Education Commissioner Manny Diaz Jr., for their continuing commitment to the Seminole Tribe and the native people of Florida.”

The contests will coincide with Hispanic Heritage Month from Sept. 15 to Oct. 15, Native American Heritage Month

in November and Black History Month in February. The winners of the essay contest will receive a two-year Florida College Plan scholarship provided by the Florida Prepaid College Foundation.

The Hispanic Heritage, Native American Heritage and Black History Month art contests are open to all students in kindergarten through third grade in Florida. Each student will submit original, two-dimensional artwork based on this year’s theme. Four statewide winners will be selected for each month, and each winner will receive a \$100 art supplies gift card and a one-year pass to Florida state parks.

## Essay Contests

First Lady Casey DeSantis’ Hispanic Heritage, Native American Heritage and Black History Month essay contests are open to all fourth- through 12th-grade students in Florida. Each student will submit one essay no longer than 500 words based on this year’s theme. Six winners will be selected: two elementary school students

(grades 4–5), two middle-school students (grades 6–8) and two high school students (grades 9–12). Each winner will receive a 2-Year Florida College Plan scholarship provided by the Florida Prepaid College Foundation and a \$100 gift card for school supplies.

## Excellence in Education Award

First Lady Casey DeSantis’ Hispanic Heritage, Native American Heritage and Black History Month Excellence in Education Award contests are open to all full-time educators in an elementary, middle or high school in Florida. Four winners will be selected, and nominations may be submitted by a principal, teacher, parent/guardian or student. Excellence in Education award winners will receive \$2,500 from Volunteer Florida, and a set of classroom books.

Additional information regarding contest timelines, entries, nominating forms and guidelines will be available online at [fldoe.org/contests](http://fldoe.org/contests).

## CANVAS, STAGE AND MORE

### Immerse yourself into Van Gogh’s art

“Beyond Van Gogh: The Immersive Experience” is coming to Jacksonville. The presentation was created by French-Canadian creative director Mathieu St-Arnaud and his team at Montreal’s world-renowned Normal Studio.

With over 3 million tickets sold, this experience, produced by Paquin Entertainment Group, features more than 300 of Vincent Van Gogh’s iconic artworks, exciting the art lovers’ senses through a three-dimensional lens in a way that’s never been experienced before.

Guests will walk through an all-new, exclusively designed space that will transport them into Van Gogh’s world, becoming one of the brush strokes on his colorful canvases and illuminating the senses.

It will be presented between Sept. 16 and Nov. 9 at Immersive Art Space, 119

W. Beaver St., Jacksonville. Hours are: 10 a.m. to 9 p.m. Tuesdays through Thursdays and on Sundays, and 10 a.m. to 10 p.m. Fridays and Saturdays. Note that final entry will be one hour before closing.

For tickets, go to [vangoghjacksonville.com](http://vangoghjacksonville.com).

### Tickets available for holiday concert

Ponte Vedra Concert Hall will welcome University of North Florida’s Choral Ensemble for carols and “Messiah” favorites on Dec. 9. This event is sponsored by Friends of Ponte Vedra Concert Hall.

Under the direction of Cara Tasher, the ensemble will present its annual concert, “Singing in the Season,” at 7 p.m. Doors open at 6:30 p.m. Tickets are \$15 for students and seniors, \$25 for advance general admission and \$35 for day-of-show general admission. A portion of the ticket sales will support student scholarships.



Contributed photo

**Never before have Van Gogh fans been able to immerse themselves into the Starry Night as they can at this new exhibit.**

Tickets are on sale now. Avoid ticket fees by purchasing tickets in person at The St. Augustine Amphitheatre box office. Box office hours are 10 a.m. to 6 p.m. Thursdays and Fridays, and 8:30 a.m. to 12:30 p.m. Saturdays. The box

office accepts credit- and debit-card payments only.

For further information, go to [pvconcerthall.com/events/detail/carols-and-messiah-favorites](http://pvconcerthall.com/events/detail/carols-and-messiah-favorites).

— Compiled by Shaun Ryan

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# Sports



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## WEEK 2 FOOTBALL PREVIEW

### Sharks, Panthers search for answers in week two

By Anthony Richards

Both the Ponte Vedra Sharks and Nease Panthers will be looking for rebound weeks after suffering a loss to open the 2022 season.

The weather forecast played a role in both week one contests, but that role was felt in different ways.

The Panthers were hindered by turnovers, so cleaning that area of the game up will go a long way in determining the outcome of the game.

Other than that, it was the Panthers' passing attack that could not seem to find a rhythm against Jackson, and the running game was unable to establish itself in the contest, creating quite the predicament for the offense.

Stokes missed practice time leading up to the opener, which could have played a role in the lack of timing between him and his receivers. It will be interesting to see how much difference a strong week of practice makes when they travel to Creekside for their week two matchup.

It was just the opposite for the Sharks, who were forced into an affair that was dominated by the ground games.

However, because of this it is hard to get an accurate read on the Sharks when it comes to their passing attack.



The Panthers had a "Top Gun" theme for their home opener.

Hopefully things will begin to open and the weapons on the out wide will get the proper opportunity to show their skill.

Defensively, the Sharks were stout and looked to have not missed a beat from last year.

They only gave up 13 points to Bartram Trail and will be put to the test once again in week two against a Florida State University High team that won 11 games a year ago and started its 2022 campaign with a 22-19 victory over a prominent contender in Ocala Trinity Catholic.

The Sharks have proven they are up to the challenge on defense time and time again, but the questions revolve around the offense and weather or not they can trade blows with the Seminoles.

It will be the Sharks' home opener, which is an advantage they do have, as the Seminoles will have to make the trip from Tallahassee.

Despite the Panthers giving up 30 points in the opener, the defense showed plenty of bright spots to build on.

There were several big hits on the night and the Panthers were routinely swarming to the ball with at least two or three tacklers around the ball carrier.

This was especially noticeable when it came to stopping the run, which is a valuable aspect of the Creekside offensive gameplan.

In week one, the Knights ran the ball 41 times for 307 yards and four touchdowns compared to just five passes, which were efficient and resulted in a pair of touchdowns as well en route to a 49-0 win against Viera.

If the Panthers do not have to worry about defending as many short fields this week, look for them to focus on stopping the Knights' ground-and-pound approach.



Photos by Anthony Richards

Nease's defense did an excellent job of swarming to the ball in the season opener.



Gavin Gmeiner is a starting receiver for the Panthers his senior year.

## New coach, new season, same expectations

By Anthony Richards

The Ponte Vedra Sharks volleyball team and first year head coach John Goings are off to a 2-0 start in the 2022 season after sweeping Bartram Trail in their home opener Aug. 30 and doing the same to Ridgeview on the road a week earlier.

A fast start was exactly what Goings

was hoping for after taking over for legendary head coach Robin Mignerey, who built the program to what it is.

However, a seamless transition is not a surprise, as Goings has been around the program and has learned from Mignerey and done his part to prepare for this moment.

"I've really put it on the seniors, which

were still part of those championship teams that Robin had built up," Goings said. "I've put them in charge of their goals and the team's goals. It's up to them to hold each other accountable to those goals."

He hopes that by putting the veteran players in leadership roles will really shine through when they encounter those

crucial moments on the court late in games.

"We hope that we are able to continue and grow the culture of having those little freshmen grow into leaders by the time they get to be seniors as well," Goings said.

### CROSSWORD

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| 46 |    |    | 47 |    |    |    |    |    |    | 48 |    |    |    |
| 49 |    |    |    |    |    |    |    |    |    | 50 |    |    |    |
|    | 51 |    |    |    |    |    |    |    |    |    | 52 |    |    |

- ACROSS**
1. Taxi
  4. Cattle disease (abbr.)
  7. Before the present
  8. They burn in a grill
  10. Enough (archaic)
  12. "A Doll's House" playwright
  13. Long loop of cloth worn around the waist
  14. Napoleonic Wars battle
  16. Chinese surname
  17. Fragrant essential oil
  19. Follows sigma
  20. Model
  21. A place with many dining options
  25. BBQ dish
  26. Corn comes on it
  27. A sheep in its second year
  29. Triad
  30. They \_\_\_
  31. Actor DiCaprio
  32. TV's "Edith Bunker"
  39. Sustenance
  41. Man who behaves dishonorably
  42. Cause a loud, harsh sound
  43. A way to take in liquids
  44. Gene type
  45. The Miami mascot is one
  46. Excessive fluid accumulation in tissues
  48. Casino machine
  49. Contains cerium
  50. Something with a letter-like shape
  51. Handwoven Scandinavian rug
  52. Legendary actress Ruby

- DOWN**
1. Conqueror
  2. Kin relation
  3. Increases the value of
  4. Pack
  5. Popular nut
  6. Dogs' enemies
  8. Former OSS
  9. Unpleasant person
  11. Come again?
  14. Beverage container
  15. Rock formation
  18. Dorm official
  19. The bill in a restaurant
  20. Type of jug
  22. Importance requiring swift action
  23. Outfit
  24. Small Eurasian deer
  27. Weight used in China

28. A major division of geological time
29. Popular beverage
31. Confined condition (abbr.)
32. Practical joking
33. Pouchlike structure
34. Pound
35. Lilly and Manning are two
36. Stopped discussing
37. Baltimore ballplayer
38. Candymaker
39. One thousandth of a second (abbr.)
40. Northern sea duck
44. Partner to cheese
47. Cannot be found

### SUDOKU

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

Level: Intermediate

**Here's How It Works:**  
 Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



Photos by Anthony Richards

**John Goings is in his first year as the Sharks head varsity volleyball coach.**

## New Coach

Continued from 37

Three of the four seniors on this year's squad have committed to play at Division 1 college programs.

The seniors include Priya Rajhansa, Ava-Grace Redick, Jessica Shattles and Zeta Washington, who is also this year's captain.

"They know what they want, and they want to finish strong," Goings said.

Those expectations are nothing new, as they became the norm within the program under Mignerey and Goings hopes to see that tradition continue.

However, even though Goings is the new coach he has been around the program for years, most recently heading up the junior varsity team.

"It's funny that you say, 'new coach,' because I've actually worked with John now for the past few years," junior Chelsea Sutton chuckled.

That time around Mignerey has helped prepare him for when the opportunity came about to be the head coach himself.

"I've been under Robin for two years, but I've known her for 25 years," Goings said. "I got to see how Mignerey went about building her championship program, and now I'm just incorporating it with my mindset. It's been an easy transition for



**Practices are filled with a lot of smiles, as new head coach John Goings' main goal is to make sure his players have the best volleyball experience they can.**

most of the girls."

His approach is all about having fun and how he believes that translates to winning games.

"Our biggest push is to make sure that through me obviously, everything is going to be a great experience for them this year," Goings said. "At the end of the day, it's up to them and I just want them to have a great experience. I don't want anyone walking out of here saying 'I can't stand volleyball,' and as long as that happens, I'll be ecstatic about it."



**Senior Zeta Washington (blue shirt) is the captain of this year's squad.**

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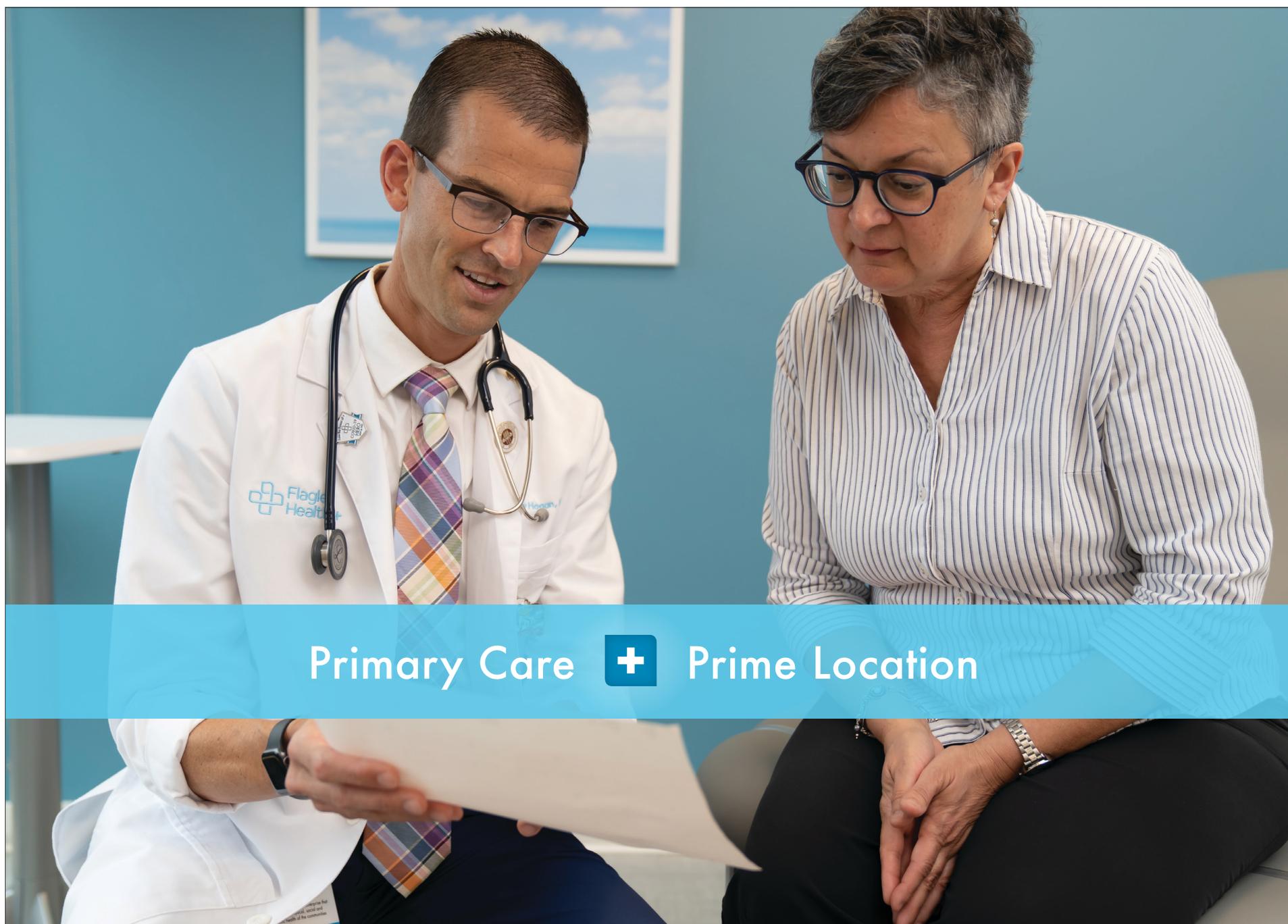
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