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SERVING PONTE VEDRA, ST. AUGUSTINE, THE BEACHES AND GREATER ST. JOHNS COUNTY



Senior Living
Page 19

Thursday, December 5, 2024

PonteVedraRecorder.com

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Special election set for District 6

By Shaun Ryan

Voters living in Congressional District 6 will go to the polls in 2025 to select a new member of the U.S. House of Representatives following the Nov. 24 notice of resignation of Michael Waltz.

Waltz has been selected by incoming President Donald Trump as the next national security adviser. He will continue to serve in Congress until Jan. 20.

On Nov. 25, Gov. Ron DeSantis issued an executive order setting the dates for special elections to fill the House vacancy.

A special primary will be held Jan. 28, with early voting Jan. 18-25. The special general election will be held April 1, with early voting March 22-29.

Candidates seeking to qualify needed to submit petitions bearing 1,340 valid signatures by 5 p.m. Tuesday, Dec. 3. Alternately, candidates not qualifying by the petition method may pay the qualifying fee of \$10,440 if partisan, \$6,960 if no party affiliation.

These elections are open only to registered voters living within Congressional District 6. St. Johns County precincts situated whole or in part within that district are: 212, 213, 303, 304, 305, 306, 307, 308, 309, 310 and 311.

Not all voters in these precincts,

ELECTION continues on Page 3

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Ponte Vedra Croquet Club seeks to grow game locally

By Anthony Richards

The Ponte Vedra Croquet Club has been around for nearly a decade and continues to be one of leading places in the area where the local community can play the sport of croquet.

The club was founded by John Curington and is located off of State Road A1A at 100 Mosquito Control Road in Ponte Vedra Beach.

"I've been involved with croquet for about 40 years, and like most Americans I played as a kid in what I call 'giggle croquet,' but I became aware of croquet as a serious sport in about 1980 when I was working in San



Photo by Anthony Richards

Ponte Vedra Croquet Club founder John Curington and marketing director Heather Collins at the facility.

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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 or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



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THE RECORDER

SERVING PONTE VEDRA, ST. AUGUSTINE, THE BEACHES AND GREATER ST. JOHNS COUNTY

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BRIEFS

Pearl Harbor Day observance planned

The First Coast will gather to honor and remember the 2,403 service members and civilians killed during the Japanese attack on Pearl Harbor on Dec. 7, 1941. This pivotal moment in global history marked the United States' entry into World War II, impacting nations and communities worldwide.

Each year on Dec. 7, Americans across the country and those serving abroad honor the memory of Pearl Harbor with survivor stories and reflect on our history in pursuit of peace.

The Pearl Harbor Day Remembrance and Luncheon, hosted by the We Can Be Heroes Foundation, will be held Saturday, Dec. 7 — 11:30 a.m. for a social gathering and noon for the luncheon — at the VyStar Veterans Memorial Arena, 300 A. Philip Randolph Blvd., Jacksonville.

Centurian veteran Joe Shomo of St. Augustine will tell his previously recorded story of serving in the World War II from 1943 to 1946.

The remembrance is a benefit for the U. S. Warriors Pantry for troops serving at Camp Humphreys, South Korea. A large silent auction will be held to benefit the Warriors Pantry.

A limited number of tickets are available online at WeCanBeHeroesFoundation.org or by calling 904-373-8817.

Santa's Workshop events planned

Ascension St. Vincent's will hold two holiday events, both free and open to everyone in the community.

Santa's Workshop at St. Vincent's Arlington will be held from noon to 2 p.m. Saturday, Dec. 7, at St. Vincent's Emergency Care — Arlington, 9820 Hutchinson Park Drive, Jacksonville. Families can get free meet-and-greet photos with Santa, face painting, music, arts and crafts, games and much more.

Santa's Workshop at St. Vincent's St. Johns County will be held from noon to 2 p.m. Saturday, Dec. 14, at St. Vincent's St. Johns County, 205 Trinity Way, St. Johns. Families can get free meet-and-greet photos with Santa, cookies and hot chocolate, music, arts and crafts, games and much more.

Event offers Hope For the Holidays to help bereaved

Community Hospice & Palliative Care is offering Hope for the Holidays, a workshop will help attendees learn ways to cope with grief during the holiday season, determine what is right for them and their families and refocus energy on positive activities that honor and remember their loved ones. Attendees will leave with a renewed sense of hope for the upcoming season.

The workshop will be held at 4-5 p.m. Monday, Dec. 16, at Stephen R. Chapman Family Community Campus, 1355 U.S. 1 South, St. Augustine.

Hope for the Holidays is open to the public. There is no charge to attend, but attendees should RSVP by calling 904-407-7001/toll free 800-274-6614 ext. 7001.

2025 beach driving passes going on sale

St. Johns County annual beach driving passes for 2025 go on sale starting Monday, Dec. 9. St. Johns County resident passes are \$50, nonresident passes are \$100, and ADA-accessible passes are \$40.

Passes will be available during regular business hours at the following locations through March 1:

- Tax Collector's Main Office – 4030 Lewis Speedway, St. Augustine
- Tax Collector's DuPont Center Office – 6658 U.S. 1 South, St. Augustine
- Tax Collector's Office Julington Creek Office – 725 Flora Branch Blvd., St. Johns

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Election

Continued from 1

however, may reside within District 6, and would not be eligible to cast a vote.

To find out whether an address is within District 6, go to votesjc.gov and use the Congressional District 6 Address Search tool, or call the Supervisor of Elections Office at 904-823-2238.

Vote-by-mail requests are being accepted at votesjc.gov or by calling 904-823-2238. Requests from the recent general election have expired and don't qualify for the special elections.

Republican Waltz soundly defeated his Democrat challenger in the Nov. 5 general election for re-election to the House seat.

District 6 includes parts of five other counties: Flagler, Lake, Marion, Putnam and Volusia.

Briefs

Continued from 2

- Tax Collector's Ponte Vedra Office – 151 Sawgrass Corners Drive, Ponte Vedra Beach
- St. Johns County Beach Services Office – 901 Pope Road, St. Augustine
- St. Johns County Ocean and Fishing Pier Gift Shop – 350 A1A Blvd., St. Augustine

For 2025, toll attendants will scan pass barcodes at entry points. Be sure to stop and have your pass ready. Debit and credit cards will now be accepted at the booths.

Residents must present a valid I.D. with a St. Johns County address or present proof of property tax payments in St. Johns County to purchase a resident pass. A disabled person parking permit or proof of qualification must be

presented when requesting an ADA-accessible pass. Disabled military veterans are eligible for a free annual pass by showing their military I.D. or a letter from Veterans Affairs verifying their disabled status.

Vehicles accessing the beach do not need a beach pass until March 1. After March 1, annual and daily beach passes will be available for purchase at toll booth locations. Purchases made at toll booths are cash only. If passes are lost or misplaced, a new pass must be purchased. Vehicular access is dependent on beach conditions. All sales are final.

The old Reach the Beach app is set

to be retired on Dec. 2, with all beach info and updates now accessible via the SJC Connect app. For more information about beach driving passes, call the St. Johns County Beach Services Office at 904-209-0331.

Palm Valley Market every Tuesday

The Palm Valley Market is held from 10 a.m. to 1 p.m. every Tuesday inside the Palm Valley Community Center, 148 Canal Road. The market offers fresh produce, baked goods, local honey, tea, seasonal treats, soap, jewelry, plants and more.

— Compiled by Shaun Ryan

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

KATHY'S GARDENING GUIDE

Holiday gift ideas for the gardener

"Flowers are the gift to us from nature, our gift to nature is our love." — Debasish Mridha



By Kathy Esfahani

The holiday season is in full swing! As you think of your family, friends and others in your life, it is often challenging to find the perfect gift for everyone on your list. The

following ideas are suitable and thoughtful for the gardener you know!

- Birdhouses are a wonderful addition to a garden or landscape. They come in all shapes, sizes and colors to suit specific designs.

- Birds are a welcome addition to any garden because they help with pollination and pest control. Bird feeders attract birds into a landscape and make it easy to observe these garden visitors. Look for feeders that hold birdseed and/or

hummingbird feeders, depending on the gardener's preference.

- A nursery gift certificate allows the gardener to choose the flower most needed in his or her landscape. Package the gift certificate with a small flower or plant for a thoughtful presentation.

- Fountains or water features add a soothing murmur to the garden.

- A butterfly house can help make a garden home for these fluttering creatures. Not only are butterflies beneficial to the garden, but watching them can help reduce stress and promote positive mental health.

- A rainfall gauge helps the gardener know when to water versus when the landscape is satisfactorily moist. Gauges come in a variety of designs to suit the recipient's personality or preferences.

- A soil pH meter measures acidity in the soil so the gardener knows how best to treat and/or fertilize the garden.

- New garden tools are always useful! Tools are available in sets, decorative designs, various sizes and more.

- With the garden tools comes a need for

a tool container/apron. This gift ensures that the gardener in your life always has the tool he or she needs anywhere in the garden.

- Look for kneeling cushions/stools to make gardening a more comfortable pastime. Some gardening seats even come with space to store tools!

- Watering cans come in various colors, designs and shapes. Decorative cans add a splash of color to this most necessary tool.

- Every landscape has a place for stepping stones, whether they are organized in a path or as a marker for the special spot in the garden. Stones range from simple pavers/bricks to more colorful, extravagant designs.

- Garden sculptures or windchimes add a unique touch to a landscape and help personalize the garden.

- A beautiful flowerpot/planter is a welcome gift for any gardener. Whether used to highlight an area of landscape or grow young plants before transplanting, planters are always helpful. Look for pots in any color, shape and size.



Photo provided by Kathy's Creative Gardens & Nursery

- A potting bench helps the gardener organize tools, plant small pots or finish other tasks necessary for landscape maintenance.

Happy holidays!

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



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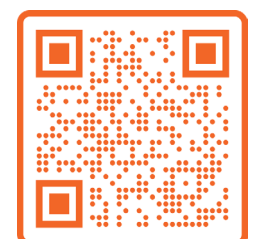
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OBITUARIES



Gale Douglas (Gee) Hopkinson

Gale Douglas (Gee) Hopkinson, 84, of Ponte Vedra Beach, Florida passed away on November 24, 2024.

She was a devoted mother and grandmother. A beautiful woman with a lovely wry sense of humor who cared passionately for those she loved. A blessing full of grace, wisdom and dignity. She was always there for us and she always listened. She appreciated the beauty of the natural world, both the mountains and the ocean and doted on all the family pets throughout the years.

Born in Ashland, Kentucky on November 5, 1940, Gale was the daughter of Raymond Gee and Hope Moore Gee.

She grew up and went to high school in Ashland, attended University of Kentucky and then went on to work for the U.S. Forest Service, living in Oregon, Vermont and Kentucky again before retiring and spending the last 20 years in Florida to be close to her family.

She is survived by her daughter Carolyn (Cara) Spaulding, granddaughter Kyla Spaulding and son-in-law John Spaulding all of Ponte Vedra Beach. She will be dearly missed.

She was preceded in death by her parents and her siblings, Raymond and Susan.

We find solace in the memories we shared with her and carry the joy of her life and presence in our hearts.

May she rest in eternal peace, surrounded by the love that she gave her family during her time here with us and His even greater love for her.

A Celebration of Life will be held by the beach at a later date.

In lieu of flowers, contributions can be made to Hubbard House or you can plant a tree in a U.S. Forest through alivingtribute.org. Please visit her online Tribute at www.quinn-shalz.com.

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DEATH NOTICES

Jonathan Scott Covey

Jonathan Scott Covey, 64, of Atlantic Beach, Florida, died Nov. 21, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre, 904-249-1100, www.quinn-shalz.com

John David Parsons

John David Parsons, 97, of Jacksonville, Florida, died Nov. 29, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre, 904-249-1100, www.quinn-shalz.com

Katherine Ann Scott

Katherine Ann Scott, 76, of Jacksonville Beach, Florida, died Nov. 24, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre,

904-249-1100, www.quinn-shalz.com

Maria E. Taylor

Maria E. Taylor, 80, of Jacksonville, Florida, died Dec. 2, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre, 904-249-1100, www.quinn-shalz.com

Charles Mettler Valentine

Charles Mettler Valentine, 91, of Ponte Vedra Beach, Florida, passed away Nov. 30, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre, 904-249-1100, www.quinn-shalz.com

Olivia Rusinek Zilahy

Olivia Rusinek Zilahy, 82, of Jacksonville Beach, Florida, died Nov. 24, 2024. Arrangements by Quinn Shalz Funeral Home & Cremation Centre, 904-249-1100, www.quinn-shalz.com





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Kurtis Loftus, founder and executive director of Deck the Chairs, combined his experience in advertising and marketing with his love for the beaches community to create an event that sparks joy and supports children's art education.

Kurtis Loftus

As told to Holly Tishfield

Tell me about your background.

I grew up in St. Augustine, I studied and finished school at the University of North Florida with a Bachelor of Fine Arts degree with a concentration in traditional graphic design. I ended up opening up a little graphic design studio after spending about a year with another firm.

I did it mostly with illustration talents, and then I wanted to do desktop publishing, so I was one of the first in the field branching out with graphic design and desktop publishing services.

It went really well. In 1987, I published an international surfing magazine called South Swell and did that for about three years as I continued to do local advertising, marketing and creative services for people in the area.

How did you establish yourself in the Beaches community?

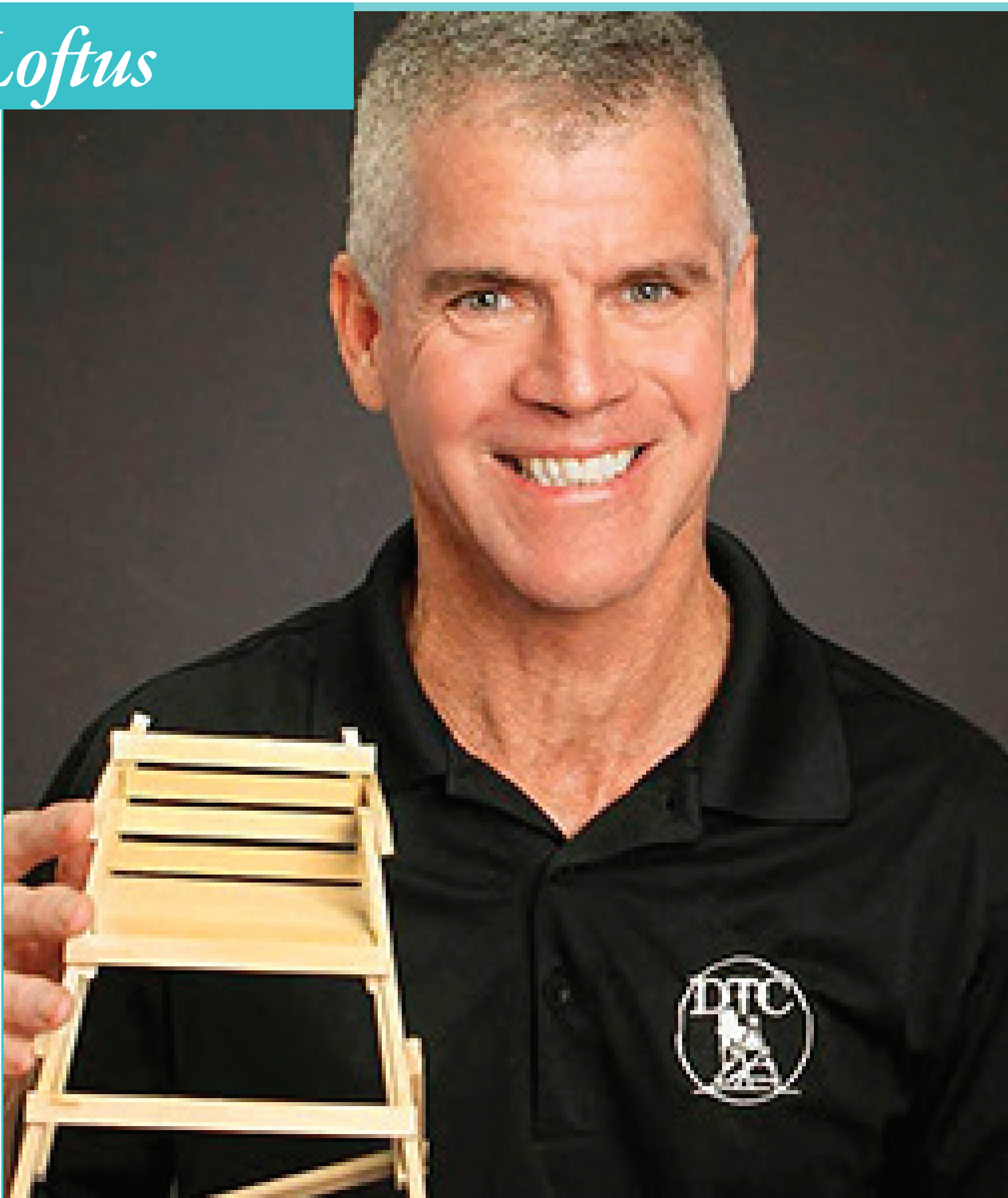
When my oldest daughter was born, I didn't feel like I could be a dad and run the magazine at the same time. So, I closed it down and just focused on advertising and marketing again and rebuilt that business in the Beaches area. We rebranded in 1989 and started doing a lot of local business, local advertising. There were people that needed creative services at the Beach, people that needed creative services throughout Jacksonville. My wife, Margaret, and I moved to the Beaches with our daughters Kirsten and Catherine and just knew we were going to stay.

How did you come up with the idea for the Deck the Chairs annual event?

My focus on the local community was always evident. I always paid attention to the small businesses and the nonprofits that were in the area and tried to provide creative services, especially if they couldn't afford it. I just embraced the local community and supported small businesses and nonprofits like the Donna Foundation and the Beaches Museum and became very active in the Chamber. By 2011, I was trying to transition my work out of boutique advertising and really pay more attention to the nonprofits. The idea for Deck the Chairs came about because I was spending a lot of my time looking at our city, going to meetings, talking with the Chamber and talking with businesses about our own challenges with the perception of what kind of community we were. In the wintertime, everything would shut down and get dark, and there would be several winters and Christmas seasons where business leaders couldn't attract business. Since I grew up in St. Augustine, that puts on the annual Nights of Lights, I thought up the idea of an affordable holiday event that could be beneficial for the local community. And that's how Deck the Chairs was born.

Can you tell me more about Deck the Chairs?

I love the community, and I also love the idea of putting art in public spaces, promoting the arts, so I took that idea, and I dropped it into this concept for a decorated lifeguard chair display during the holidays. That first year, there were about 16 decorated chairs in the Seawalk Pavilion. It was free, it was safe, family-friendly, creative and the city loved it so much that they asked me to do it again. The Volunteer Life Saving Corps, the lifeguards, were the beneficiary for many years, but that shifted in 2019 to reflect our mission to promote children's arts and



Contributed photo

Kurtis Loftus, founder and executive director of Deck the Chairs.

arts education in the community. Now, as a 501(c)(3), we aim to benefit children's arts with our student decorating challenges. You'll see 20 chairs, 10 at the Jacksonville Zoo and 10 at the Seawalk Pavilion, where middle school and high school students in Jacksonville and St. John's County decorate their own chairs.

What excites you most about how the event has grown over the years, and what does it mean for the community?

There's so much going on. I'm really excited about the year ahead. For me, as an artist and a creative that loves to help the city be exposed to more art, and bring more art into the city, it's been an amazing transformation of the small event that we did in 2013. The Deck the Chairs organization is a nonprofit, mostly all volunteers, so you'll see us out there in the park or at the event itself. The local people that support it, and the organizations and businesses that commit money and time and treasure to it, they're all amazing community representatives. Every year, we keep building on this idea that the vibe and the heart of the experience is important. We need that kind

of love and joy, and the holiday time frame is perfect. It's just a wonderful place to be during the holiday season.

Do you feel that the community has supported your mission?

I've been very fortunate and very grateful because the communities around us have embraced it. We think we have something that no one else in the world has. To continue to see it grow and express itself every year, to witness the whole spirit of joy, it's just some really beautiful, fun stuff.

What kind of legacy do you hope Deck the Chairs will leave — both for your family and the community?

The first year we did Deck the Chairs, I brought my grandson Steven out to see it. I owe a lot to him. I knew at that time when he was walking and with his mom in the park that this was something that I wanted for him, as well as the community. If I can build something for Steven, or any of my other three grandchildren, Loch, Leo and Lilly, then maybe it will be special for other people to experience it, too.

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- 541 Rutile Dr. - \$2,500,000
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- 2 Turnberry Pointe Way - \$2,400,000
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- 24629 Deer Trace Dr. - \$1,999,999
- 7625 Founders Way - \$1,999,000
- 248 Royal Tern Rd. N. - \$1,724,000
- 8320 Merganser Dr. - \$1,650,000
- 120 Hidden Cove Lane - \$1,624,000
- 7561 Founders Way - \$1,575,000
- 140 Indian Cove Lane - \$1,549,000
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- 117 Lagoon Forest Dr. - \$1,420,690
- 4325 Blue Heron Dr. - \$1,399,000
- 108 Indian Cove Lane - \$1,325,000
- 12603 Marsh Dreek Dr. - \$1,350,000
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- 112 Indian Cove Lane - \$1,299,000
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For businesswoman, event organizer, it's all about people

By Shaun Ryan

Whether putting together a major cultural event or operating a business that helps clients navigate the intricacies of the financial forest, one must first be passionate about connecting with people.

Ask Daysi Jacobson. She was a key organizer for the recent — and very successful — Hispanic Night at the link. She is also CEO and founder of Daysi Jacobson Accounting, Tax & Financial Strategies, as well as Jacobson Wealth Builders.

And she will enthusiastically tell you what, for her, ties it all together: “The thing I most enjoy is the connection with people.”

Jacobson was born and raised in Ecuador, moving to the United States when she was 21, though at the time she didn't speak a word of English. Because students in her home country select and prepare for a career path in high school, she began to learn accounting at the age of 14.

Once here, she enrolled in English classes and got her American citizenship. She continued her career path, attending college to major in accounting and finance, and when the opportunity arose, she accepted a job with the IRS where she worked for the next decade.

Performing audits for individuals and businesses, she saw how government rules and regulations caused anxiety among many people — and she understood the reason.

“Most of the time it is because we are afraid of the unknown,” she said.

Clearly, guidance, support and information were key to assuaging this anxiety. And, realizing that she could



Photo by Shaun Ryan

Daysi Jacobson offers her clients an array of financial services.

help people with her expert skills and work experience, she resigned her job in 2018 and founded her own business.

Accounting, taxes and more

Daysi Jacobson Accounting, Tax & Financial Strategies, 818 N. A1A Suite 304, Ponte Vedra Beach, handles a comprehensive array of financial services both for individuals and businesses. Though she enjoys all aspects of the business, one that stands out for Jacobson is personalized tax planning.

A standard practice for large businesses, tax planning is not something ordinary people have access to. But Jacobson makes that available.

“That's what I love — bringing those services to everybody,” she said.

In addition, her background offers her insights that benefit clients outside the U.S. or Americans with foreign income, transactions and businesses. She understands how taxation works in other countries and, should something fall outside her scope, she knows the right professionals to handle it.

This year, Jacobson launched Jacobson Wealth Builders, which brings together accounting and tax services with the vast array of strategies and services offered by financial advisers. This provides a more seamless relationship between the two fields than might otherwise exist when an accounting firm and financial adviser are separate entities.

“We can help more people to build their future, their wealth,” explained Jacobson. “Even if they don't know anything about finances or taxes, we are here to walk them through whatever it is that they want to do and make sure we can guide them and give them all the

BUSINESSWOMAN continues on **Page 9**



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available options.”

Connecting the community

This love of connecting with people gave birth to a major cultural event on Nov. 2 at the link in Nocatee: Hispanic Night, “where art and culture shines bright.” Jacobson credits Maria Montoya, CEO of MiAddvan- tage, with putting it all together.

The link was transformed for the event to give it the appearance of a club in Miami. There was food from places like Argentina and Peru, rum for cocktails, music by the popular band Mandalla, Panamanian dancers, artists exhibiting their works, cultural attire from South America and more.

The community embraced the event, with more than 150 people attending.

“We wanted to do something a little extra special for the community and the people,” said Jacobson. “So, I think we did a pretty good job.”

In fact, Hispanic Night is expected to be just the first of a series of “Nights.” Plans are under way for the next one, which organizers hope will be focused on Carnival, in February.

To learn more about Jacobson’s businesses and the cultural events, go to daysijacobson.com and click on the Facebook link.



Contributed photos

Hispanic Night was a celebration of many aspects of Hispanic cultures.



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Festival on Hastings' Main Street



The second annual Hastings Main Street Fall Festival of Art was held Saturday, Nov. 30, and Sunday, Dec. 1. This event, presented by the St. Augustine Art Association and Hastings Main Street Inc., shined the spotlight on the "Potato Capital for Florida," and the potential for the future of this small St. Johns County community. There were artists, musicians, food vendors, a kids' zone, Tale Tellers, businesses and more.

See more **FESTIVAL** photos on **Page 11**

Photos by Shaun Ryan



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Festival

Continued from 10



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Family holiday event hosted by Nease Girls Lacrosse

'Tis the season for gingerbread men, hot cocoa, holiday games, pictures with Santa, prizes, music and more! The Nease girls lacrosse team has come together to create a fun-filled family holiday event this Saturday, Dec. 7, at Nease High School, 10550 Ray Road, Ponte Vedra. Doors open at 9 a.m. Tickets are sold

at the door for \$8 per guest. All proceeds go directly to the lacrosse fundraising campaign.

This is the first year that the girls' lacrosse team has organized a community event of this size, but this year's event comes with a twist: Santa will make an appearance and take pictures with chil-

dren. There is much more, too! Kids will be able to decorate gingerbread cookies, enjoy hot chocolate with whipped cream and sprinkles, play holiday games like a snowball toss, enjoy holiday-themed face painting, make ornaments and win prizes.

The Nease girls' lacrosse team relies on fundraising and donations to play each season. Fueled by the desire to support each other and ensure each player has access to the team, the girls began fundraising earlier this year. The costs can be prohibitive for some players and fundraising allows all the girls the opportunity to participate.

On team spirit, Coach Melissa Fifield says her girls play hard, but also have fun together.

"The Nease High School girls' lacrosse program has built a team of athletes who truly support each other and have a strong focus on both player and team success," she said. "These talented young ladies have been working hard both on and off the field and the holiday community event is sure to be a fun, memorable day for families."

Businesses interested in donating in support of Nease girls' lacrosse can reach out to Kellyann Erskine at kellyannerskine@gmail.com.



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MS gift wrapping returns for 12th year

Twelve days of Christmas will have extra meaning for Beaches area shoppers this December.

Local volunteers from the National Multiple Sclerosis Society plan to offer holiday shoppers 12 days of gift-wrapping service for the 12th consecutive year. Once again, donations raised during the two-week period will provide programs and services to the nearly 20,000 North Floridians impacted by MS.

"It wouldn't be the holidays at the Beaches without dozens of volunteers wrapping gifts for area shoppers," said North Florida MS Chapter president Heidi Katz. "Their passion and effort for helping shoppers is right up there with Santa Claus and his elves. They bring a smile to everyone, not to mention providing a much-needed service."

This year's 12 days of wrapping will be offered Dec. 12-15 and Dec. 17-24.

Wrapping hours are from 10 a.m. until 4 p.m.; Christmas Eve hours will be 8 a.m. until 2 p.m. And for the 12th straight year, the MS volunteer tables will be just outside of Five Below and Hallmark in the South Beach Regional shopping mall, 3876 3rd St., Jacksonville Beach. Gifts from all stores — no matter where they were purchased — will be wrapped. All paper and bows are provided.

"No gift goes unwrapped," explained 12-year wrapping volunteer Linda Bushong-Reid. "The volunteers are out there to make shopping a more pleasant experience. And, of course, create awareness for MS."

Available again this year is the MS concierge service. Local shoppers who would prefer to drop off their packages and have them wrapped and returned the following day may do so. Scheduling is available at slowride36@gmail.com or 904-982-6510 or 904-993-3068.



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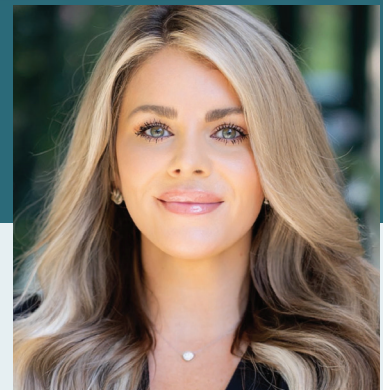
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The Ponte Vedra Rotary Club recently had a meeting and played croquet at the facility.



The club looks to spread the sport of croquet locally.



The facility features seven courts on the grounds.

Photos courtesy of Ponte Vedra Croquet Club

Croquet

Continued from 1

Marco,” Curington said. “Then in the early ‘90’s I started playing seriously but the only place I could play would be to go to tournaments out of town.”

When he moved back to the Beaches area during that time he knew that there was a void for those interested in playing croquet locally as he was.

“I tried to get the City of Jacksonville Beach, the various country clubs and St. Johns County Parks and Recreation to help along with this and build a facility, but I was unsuccessful,” Curington said.

However, that did not stop him from always striving and searching for the perfect spot to have a croquet facility, and his love of the game continued to grow during that time as well, including when he moved down to West Palm Beach for a year to help build the National Croquet Center.

He continued to play tournaments and eventually moved to Ponte Vedra and that is when he found out about the current land where the Ponte Vedra Croquet Club



Photo courtesy of Ponte Vedra Croquet Club
Mallets and balls are the primary equipment used to play croquet.

now sits, which used to be the site of the Ponte Vedra station for the Mosquito Control District, which closed around 2007 due to their master plan to consolidate the three substations they had into one main facility.

That decision created an opening which

Curington was quick to act upon, and in 2011 he began attending their meetings.

“Long story short, I made a proposal, and we started negotiating,” Curington said. “In the end it went from a lease to a purchase in 2013 and I started to work with some helpers in building the place.”

The facility features an outdoor deck that overlooks three courts on the north lawn and a south lawn area that boasts four courts. Each court is set up with six wickets and is able to play three different games of croquet, although the club primarily plays what is known as “one-shot croquet.”

Inside the clubhouse there are restrooms and a lounge area, and there is a pavilion, adjacent to the south lawn, which provides a rustic space that offers shade and comfortable seating.

There are enough courts to practice on and to have individual or small group instruction without interfering with ongoing games.

According to Curington, it has been quite the journey, and the club has seen growth over the years, but now he has aspirations of growing the club and the game even more as he looks to the future.

Especially with the continued popularity of a sport such as pickleball, which Curington believes croquet offers many of the same functions and qualities.

According to Curington, croquet is considered as a children’s game by many in America, but that is far from the contrary, and a message he is trying to send to the rest of the community.

“It’s a very sociable game, and it’s very much intergenerational, so any age can play,” Curington said. “In fact, the world championship was just won by an American, Blake Fields from Mission Hills, California, and he’s only 18 years old.”

Curington offers free introductory croquet classes at the club Wednesdays and Saturdays at 9:30 a.m.

“I can teach you the game in five minutes, so you can start playing right away,” Curington said. “They’ll have questions, but I want to get them out there playing as quickly as possible, so that they can experience it.”

The club is also available to host private events of all kinds for groups or organizations. For more information about the club go to www.pontevedracroquetclub.com or by emailing pvcheather@gmail.com.

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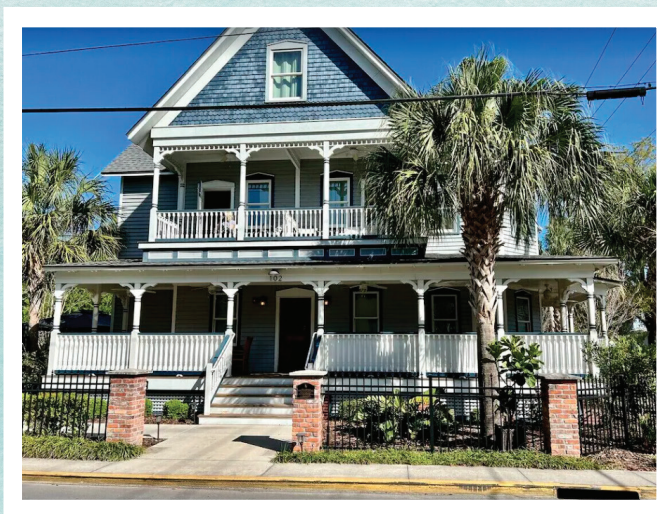


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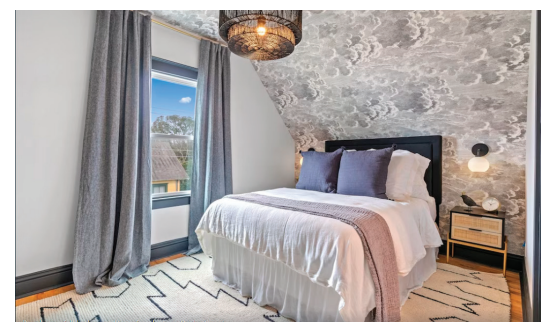
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Things to know before giving pets as gifts

Imagine this scenario: A family is gathered around exchanging presents. There is one last gift tucked away. You hand the present to a child, and he or she opens it to find a puppy or kitten. The tears of happiness start flowing and the big smiles on all involved will be forever captured in photos and video. The pet immediately becomes a cherished member of the family.

Of course this scenario is perfect when giving a pet as a gift. A recent ASPCA study found that pets received as gifts generally have a low return rate. According to the survey, 96 percent of the people who received pets as gifts thought it either increased or had no impact on their love or attachment to that pet. The survey also revealed no difference in attachment based on the gift being a surprise or being known in advance.

Even with such sunny outcomes, there is still the possibility that a pet given as a surprise gift may not be welcomed with open arms. In fact, many animal organizations frown upon giving pets as gifts. Rather than getting into a situation where an animal's welfare could be at risk, it is important to



keep a few things in mind when considering gifting a pet.

• **Don't make it a surprise.** Unless it's for your own children, do not give a pet as a surprise gift. Even if a person has expressed an interest in having a pet, he or she may not be ready at the moment. Talk the gift idea over with the potential recipient if your mind is set on gifting a pet so that

you can make it a collaborative effort. The thought is still there.

• **Pay for adoption fees.** You can visit a shelter and preemptively pay the adoption fees if you know that a person will be adopting a pet in the near future. This way you can make the gift a surprise and enable the recipient to choose the right timing to go pick out a pet.

• **Offer supplies instead.** Another pet-related gift idea is to offer a gift card to a nearby pet retailer so that the person will be able to stock up on supplies when the time comes to get a pet.

• **Do not act on impulse.** A pet is a very personal decision. Even if someone you know is very interested in getting a pet, he or she may want to pick out the pet rather than have that choice made by a loved one. Taking away the opportunity to select and bond with a given companion animal could backfire.

Although giving pets as gifts often works out for the best, it's always best to test the waters and tread carefully to maximize the chances that the pet fits in at its new home.

BE MINDFUL OF PETS DURING THE HOLIDAY SEASON

The magic and wonder of the holiday season can be enthralling for people of all ages. There is so much to see and do during the holiday season, making it easy to forge lasting memories.

With so much to do in December, life at home can sometimes feel a little hectic, especially for the family pet. Although the holidays can be exciting, the season can

induce anxiety in pets. Pets like cats and dogs often thrive on routine and familiarity. Switch up that routine and various behavioral issues can arise, including having accidents in the home. Pets also may become more destructive, chewing or clawing at items to release pent-up tension and anxiety. Pet owners who want the season to be festive for their pets can consider the

following strategies.

• **Gradually introduce new items.** Gradually decorate living spaces so pets can grow acclimated to their newly decorated environs. Add a few pieces to rooms each day until you finally have all of your decorations out for display. This way pets can sniff around the decorations and realize they do not pose a threat.

• **Keep familiar pet belongings.** Try not to upset the apple cart too much in regard to pets' cherished possessions. For example, do not move the dog bed from the living room and place the Christmas tree in its place. Pets need that familiarity and having some of their items with familiar smells can

MINDFUL continues on **Page 17**

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Mindful

Continued from 16



make for a smooth adjustment to holiday decorations.

• **Designate a pet-safe zone.** If you will be inviting people over during the holidays, set aside a room for pets so they can be in relative quiet away from boisterous crowds. Locking pets away also helps prevent their escape from the home as guests come and go.

• **Secure the tree and other decorations.** Pets are often curious about new things, and they may climb or paw at items to try to understand them better. Decorative items may end up being knocked over by curious pets. Secure the tree using a string and an anchor to the ceiling or wall like you might secure a large screen TV to prevent it from tipping over. Keep breakable ornaments and other trinkets behind display cases or beyond the reach of pets.

• **Discourage pets from using decorations as toys.** Reprimand pets or move them away from holiday decor so they don't get the idea that these items are now their toys.

• **Be careful with holiday foods.** Holiday foods and desserts are rich and full of ingredients that may not be healthy for pets. Keep a secure lid on trash pails and remind holiday guests that pets should not be fed table scraps.

Pets may need some time to adjust to the changes that come with holiday decorating and celebrating to keep them happy and safe.

Go 'mutts' for these pet gifts

Pet parents try to ensure their companion animals never want for anything. People will go to great lengths to pamper their pets with the best care, food and accessories. According to the American Pet Products Association, consumers in the United States spent \$147 billion on pets in 2023. And it's not just the essentials that have people opening up their wallets for pets. A 2022 YouGov survey found that 57 percent of owners buy holiday gifts for their pets and 40 percent host birthday celebrations.

With the holiday season on the horizon, there's a good chance that beloved pets are on gift lists this year, particularly for Gen Z pet owners. A study of 1,000 U.S. adults conducted by Talker Research for Newsweek found that Gen Z spends an average of \$148.50 on their pets each month, the highest of all surveyed. For those shopping for gifts their pets will enjoy, these options could have tails wagging.

• **Treat dispenser:** It isn't possible to be home with their pets all of the time. A dispenser that can be programmed to offer treats at certain intervals or connected to an app that enables a person to release one at the push of a button can be a nice gift to surprise stay-at-home pets.

• **Puzzle toy:** Pets need to keep their brains working; otherwise, they may get



bored and into trouble. A puzzle toy that has treats or kibble hidden behind panels helps pets remain mentally sharp.

• **Pet booties:** When the weather gets chilly, walking dogs outdoors on the ice and snow can be painful on their paws. A pair of booties can protect the delicate pads of pets' feet from ice melt products, snow and sharp objects.

• **New bed:** Upgrade a pet's bed to something even more lush and comfortable. A fleece blanket and a dedicated pet pillow can help pets feel even more pampered.

• **Safety belt:** Guarantee that trips in the car to the dog park or other excursions

are safer by gifting a safety pet harness that works like a seatbelt in a vehicle.

• **Grooming package:** Everyone wins when a pet is washed, dried and primped to perfection. Professional groomers have the skills to tame excess fur and trim nails so pets smell wonderful and remain comfortable.

• **New toys:** Whether a pet is a parakeet or poodle, gifts of new toys can be engaging for animals who have grown bored with their old ones.

Be sure to wrap up clever gifts for pets so that every member of the family has something to enjoy come the holidays.



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Student volunteers deliver their food items.



Southeastern Grocers volunteers and MWYF staff members.



Student volunteer Da'Shia is ready to make deliveries.

110 families receive Thanksgiving groceries from food drive

One hundred and ten MaliVai Washington Youth Foundation (MWYF) families were provided with eight bags of nonperishable food items through community and corporate donations during the recent food drive. Southeastern Grocers supplied 15 pallets of nonperishable food items along with frozen turkeys and fresh vegetables, fulfilling a

heartfelt dinner donation. The families supported are a part of the MaliVai Washington Youth Foundation, with at least one child participating in its afterschool program. MWYF participants are primarily low-income Jacksonville residents who live in Health Zone 1 ZIP codes 32202, 32206, 32208, 32209, 32218 and 32254.

"This Thanksgiving, we're reminded of the power of community," said MWYF founder MaliVai Washington. "By providing groceries to 120 of our families, we're helping create meaningful moments for the families we serve. It's incredible to see how the generosity of our supporters directly impacts lives."

MWYF's Thanksgiving Drive, Sorting and Delivery events hosted a diverse group of volunteers, including community members, local businesses and MWYF supporters. Their collective efforts exemplify the power of community engagement and the shared commitment to making a positive impact on the lives of those in need.

Aneesah Daniels, grandmother of four



Aneesah Daniels and the Brown family are ready to celebrate after the delivery.

MWYF students says, "This Thanksgiving, the groceries we received from MWYF took such a weight off our shoulders. Instead of worrying about how to provide, I can focus on spending time with my family. I'm grateful for everything the foundation does for us."

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....AND MORE INSIDE!

St. Augustine Cardiology Associates to become First Coast Heart & Vascular Center

By Holly Tishfield

After more than 30 years of cardiology services to patients in St. Johns County and the surrounding areas, St. Augustine Cardiology Associates is set to close its doors at the end of 2024.

Starting in January 2025, First Coast Heart & Vascular Center (FCH) will assume management of the practice, offering patients the option to continue care at the 201 Health Park Blvd. location or choose from FCH's numerous other locations for cardiology services.

The closure of St. Augustine Cardiology Associates follows the passing of Dr. Robert N. Signor in October of this year after his courageous battle with colon cancer. Shortly thereafter, his cardiology partner, Dr. Ferris E. George, announced his retirement and the decision to transition patients to FCH.

"We are honored to be entrusted by St. Augustine Cardiology Associates to continue the care of their patients, ensuring their heart health remains in excellent hands," said Dr. Neil Sanghvi, MD, chief of cardiology and director of electrophysiology at UF Health St.



Dr. Neil Sanghvi, MD

Johns Flagler Hospital, and general cardiology and electrophysiology specialist at FCH.

FHC notified current St. Augustine



Dr. Dinesh Pubbi, MD

Cardiology Associates about the transition in early November, letting them know about the imminent change and what to expect at their first visit.

George also notified his patients about the transition, explaining that FCH will be sending new providers to the 201 Health Park Blvd. location to ensure continuity of care while also providing patients with the option to transition to a FCH location elsewhere in Northeast Florida.

"At First Coast Heart & Vascular Center, we take pride in providing quality care to our patients," said Dr. Dinesh Pubbi, MD, general cardiology and electrophysiology specialist at FCH. "We offer a broad range of services and have experienced cardiologists using the latest technologies to provide accurate diagnosis and effective personalized treatments. We welcome these new patients and their families to our practice."

Beginning Jan. 13, St. Augustine Cardiology Associates will officially become First Coast Heart & Vascular Center. All current patients will be assigned to one of FCH's cardiologists — Dr. Vincent J. Caracciolo, Dr. Christopher Edwards or Dr. Miciah Jones — at the existing St. Augustine Cardiology Associates location.



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The Starling at Ponte Vedra holiday market offers festive shopping, fun

By Holly Tishfield

Celebrate the holiday season at The Starling at Ponte Vedra’s inaugural holiday market from 10 a.m. to 2 p.m. Friday, Dec. 13.

The Starling at Ponte Vedra, an assisted living and memory care senior living facility in Ponte Vedra, is excited to kick off this festive event, featuring more than 15 local vendors for a vibrant and engaging morning.

Attendees will have the opportunity to enjoy a wide range of offerings, including the Cool Beans Coffee Truck, Annie’s Sweet Treats and a Cinnabon food truck. In addition, the market will showcase holiday wreaths, jewelry, handcrafted goods and much more — perfect for early holiday shopping or just enjoying the festive atmosphere.

This event is free and open to the public, offering a fun and convenient shopping experience for everyone in the community.

“We want our residents to feel they can still holiday shop for their families and friends,” said Laine Adams, engagement director at The Starling at Ponte Vedra. “Plus, some of our medical staff work long shifts and might not have the time to shop, so this event is for them as well.”



Contributed photo

The Starling at Ponte Vedra decorates the main lobby ahead of the holiday market.



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Cypress Village toy drive brings holiday cheer

The holiday spirit is alive at Cypress Village as residents and staff join forces for their ongoing toy drive! Together, they're collecting new, unwrapped toys to spread joy to children in need this season.

Residents have already begun dropping off thoughtful donations, and staff members are working to ensure every toy finds its way to brighten a young child's holiday. It's a heartwarming reminder of the power of community and kindness during this special time of year.

Those involved say they are proud of the

community's generosity and can't wait to see the joy these toys will bring. Residents and staff extended their gratitude to everyone who's helping make this holiday season magical!

Cypress Village is a premier senior living community in Jacksonville, offering a range of services including independent living, assisted living, memory care and skilled nursing. Cypress Village is committed to enhancing the quality of life for its residents through exceptional care, innovative programs and strong community partnerships.

Compassion is an integral component of palliative care

Palliative care, according to Get Palliative Care, is based on the needs of the patient and not the patient's prognosis. Unlike curative treatments that aim to eliminate illness, palliative care is centered on improving quality of life for patients with serious illnesses and their families by addressing physical, emotional and psychological needs. The National Institute on Aging says palliative care is interdisciplinary, which means it involves a variety of doctors and care providers who work together with patients and families to address individual goals and values.

Palliative care prioritizes comfort and support, aiming to alleviate pain, manage symptoms and offer holistic care that encompasses the whole person. Some of the hallmarks of palliative care are relief from pain and other symptoms of a serious illness. It also may help a person cope with side effects of medical treatments. Palliative care may be recommended whether a condition can be cured or not. It is performed alongside other treatments a person may be receiving, says the Mayo Clinic.

Patients with serious illnesses often experience pain, nausea, fatigue,

and shortness of breath. Palliative care specialists utilize strategies and medications to alleviate these symptoms, ensuring that patients remain as comfortable as possible. Some of the conditions for which palliative care can be effective include:

- Cancer
- Heart disease
- Blood and bone marrow disorders
- Dementia
- Cystic fibrosis
- Kidney failure
- Lung disease
- Liver disease
- Stroke

According to a study published in the New England Journal of Medicine, patients with serious illnesses who received palliative care lived longer than those who did not receive this care. By focusing on relief and support, palliative care helps individuals and their families confront challenging times.

Those who would like to inquire about palliative care for themselves or a loved one can search the Palliative Care Provider Directory to find options nearby. A conversation with one's doctor also can point patients in the direction of palliative care.


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3 fun and effective outdoor exercises for seniors

The benefits of spending time in the great outdoors are significant. According to the Centers for Disease Control and Prevention, spending time outdoors may improve mental health and help to reduce stress, and the vitamin D the body absorbs while outside can have a positive effect on blood cells and the immune system.

Seniors can benefit from the great outdoors as much as anyone. Vitamin D helps the body absorb calcium, which strengthens bones. That's especially beneficial for seniors, as the National Council on Aging notes that bone density often decreases after age 50, which can increase the risk of fractures. That's especially so in women over the age of 50, as a 2021 report from Amgen, Inc., indicated women can lose up to 20 percent of their bone density within five to seven years of menopause.

Spending time in the great outdoors also provides a social benefit, encouraging individuals from all walks of life, including seniors, to get out of their homes and spend time with other people. With so much to gain from spending time outside, seniors can consider these three outdoor exercises as they seek to maintain or improve their overall health.

1. Walking: Walking is free and effective. In fact, WebMD notes that a brisk



30-minute walk can improve blood flow, contribute to a stronger heart, strengthen bones, and even help people sleep better at night. In addition, a 2022 study published in the journal JAMA Neurology found that people between the ages of 40 and 79 who walked about 9,800 steps per day were 51 percent less likely to develop dementia than people who didn't walk

much at all.

2. Cycling: Riding a bike is both fun and a great form of outdoor exercise. Though many studies regarding the health effects of cycling have looked at the value of riding a bike to work, a scenario that does not apply to retirees, the results of such studies still offer insight into just how valuable it can be

to ride a bike. For example, a 2020 study published in the journal The Lancet found that people who cycled to work were 24 percent less likely to die of heart disease and 11 percent less likely to develop cancer. Seniors, whether they are still working or retired, can incorporate cycling into their daily routines and enjoy all the fun and health benefits that riding a bike provides.

3. Hiking: Hiking is a bit more strenuous than walking, particularly when individuals choose to traverse steep and/or rocky terrain. WebMD notes that hiking after age 60 can help people reduce their risk of falls and fractures; lower their risk for a host of ailments, including coronary heart disease, colon cancer and diabetes; reduce blood pressure, even in adults who have already been diagnosed with hypertension; and maintain healthy bones and joints. Hiking is not a one-size-fits-all activity, so seniors, especially those who would characterize themselves as novice hikers, are urged to speak with their physicians prior to hiking trails that are not flat.

Seniors can consider these three fun activities and others as they answer the call of the great outdoors. Walking, cycling and hiking offer a great reason to get out of the house and reap the health-related benefits of spending time outside.

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Retirement wealth summit focus: Less taxing, more relaxing

Are taxes quietly chipping away at your retirement? On the evening of Jan. 16 at 5 p.m., local residents are invited to the link in Nocatee for Stratton & Co.'s Retirement Wealth Summit, an evening designed to move attendees and their retirement incomes from tax-stressed to tax-savvy.

Navigating retirement income is more complex than ever, with taxes on pensions, IRA/401(k) withdrawals, Social Security benefits and required minimum distributions (RMDs) affecting retirees in dramatically different ways, depending on each situation. Beyond the numbers, life changes such as the loss of a spouse and a corresponding shift in filing status can further complicate one's financial landscape. These challenges don't just impact the bottom line — they can shape the way a person lives during his or her retire-

ment years.

This Retirement Wealth Summit, part one of a two-part series, will break down how retirement income is taxed, who is most affected and why it matters to plan proactively for these impacts.

This evening's presenter, Sam Magdalein, partner and senior portfolio manager, will guide attendees through strategies to identify potential pitfalls and explore opportunities to keep more of their hard-earned money where it belongs — with them.

This isn't just about theory — but built on tried-and-true strategies Stratton & Co. has been practicing for more than 20 years.

Part-two of this series, to be held later, will showcase real-world case studies where these strategies have been applied, giving attendees a clear vision of how proactive planning can

make a significant difference.

Stratton & Co. believes in empowering retirees to live retirement their way by securing the income they need while preserving as much of their capital as possible.

Stratton & Co. is a full-service financial planning firm specializing in income planning for retirees. The firm's approach is holistic: they combine tailored investment management, tax strategies and ongoing planning to ensure their clients' assets are not only secure but also aligned with their life goals.

Don't leave your retirement income to chance. Take the first step to living retirement your way — attend this exclusive Retirement Wealth Summit at the link, 425 Town Plaza Ave., Ponte Vedra.

Space is limited, so call to RSVP today at 904-425-0943 or email info@retirementteam.com.

Seniors can boost energy with the right foods

A nutritious diet is a key component of a healthy lifestyle. And for seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish. Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that balanced diet should include certain foods that are natural energy boosters.

• **Whole grains:** Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rices for whole wheat or brown rice.

• **Lean protein sources:** While protein does not give the same quick boost of energy as a high carbohydrate meal, it will help fuel the body and keep a person feeling full longer. According to Discovery Senior Living, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

• **Nuts:** Most nuts are a complete package that provide healthy fats, proteins and amino acids that are

FOODS continues on Page 27

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Clay, Duval, and St. Johns counties. CarePlus is an HMO SNP plan with a Medicare contract and a contract with the Florida Medicaid Program. Enrollment in CarePlus depends on contract renewal. The Part B Premium Reduction benefit pays part or all your Part B premium and the amount may change based on the amount you pay for Part B. CareNeeds Platinum (HMO D-SNP): This plan is available to anyone receiving both Medicare and Medicaid: Qualified Medicare Beneficiaries (QMB/QMB+), Specified Low-Income Medicare Beneficiaries (SLMB/SLMB+), Qualifying Individuals (QI), Qualified Disabled and Working Individuals (QDWI) and other Full Benefit Dual Eligibles (FBDE). Allowance amounts cannot be combined with other benefit allowances. Limitations and restrictions may apply. Referrals and/or authorization may be required for certain specialists. CareComplete (HMO C-SNP): This plan is available to anyone enrolled in Medicare with a diagnosis of diabetes, cardiovascular disorders or chronic heart failure.

The role of a home health aide

Caregivers come from all walks of life. Doctors and nurses may be the frontline medical providers people encounter most frequently, but there are plenty of others who do their part to maintain the well-being of individuals, including home health aides.

Home health aides, sometimes called personal care aides, are brought in to assist a person with activities of daily life. An HHA typically helps a person who may need some assistance with tasks they cannot perform due to illness or disability. HHAs may work in a person's home, in a

group home or in another care facility.

AARP says home health aides are considered health care paraprofessionals and must meet established training requirements, which vary by location.

HHAs may perform various duties, including:

- assistance with personal care, such as dressing, feeding, moving from bed to chair, etc.

- checking vital signs
- monitoring a client
- light housekeeping
- meal planning and cooking
- picking up prescriptions
- companionship

HHAs typically will not provide skilled nursing care and may not be able to offer recommendations on treatment or medications.

Individuals can find the services of HHAs who may work independently or are placed through agencies. Sometimes a doctor or hospital will have connections to HHA services and can make referrals. It can be useful to interview several potential HHAs to find one who will fit with the needs and personality of the person requiring assistance. A good HHA will be compassionate, patient and flexible. As illness or injury also can affect a person's mood, HHAs must be able to adjust if a client is reluctant to receive help or is depressed or anxious from his or her limitations.

Home health aides serve vital roles in the health care community by providing care and companionship to those who can no longer live independently.



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Keep your brain sharp as you age

Cognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works overtime. Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging.

Cognitive decline and dementia are not certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.

Address high blood pressure

High blood pressure can increase the risk of heart disease and stroke. Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the Journal of Alzheimer's Disease.

Exercise regularly

Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

Use all your senses

Harvard Health says the more senses used in learning something, the more of the brain that is involved in retaining the

memory. Studies have shown that images paired with pleasant aromas lead to better recall later.

Eat brain-healthy foods

According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases the risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

Read and write frequently

According to a study in the journal Neurology, regular reading and writing in one's older years reduced the rate of memory decline by 32 percent. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

Drink healthy beverages

Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties.

Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.

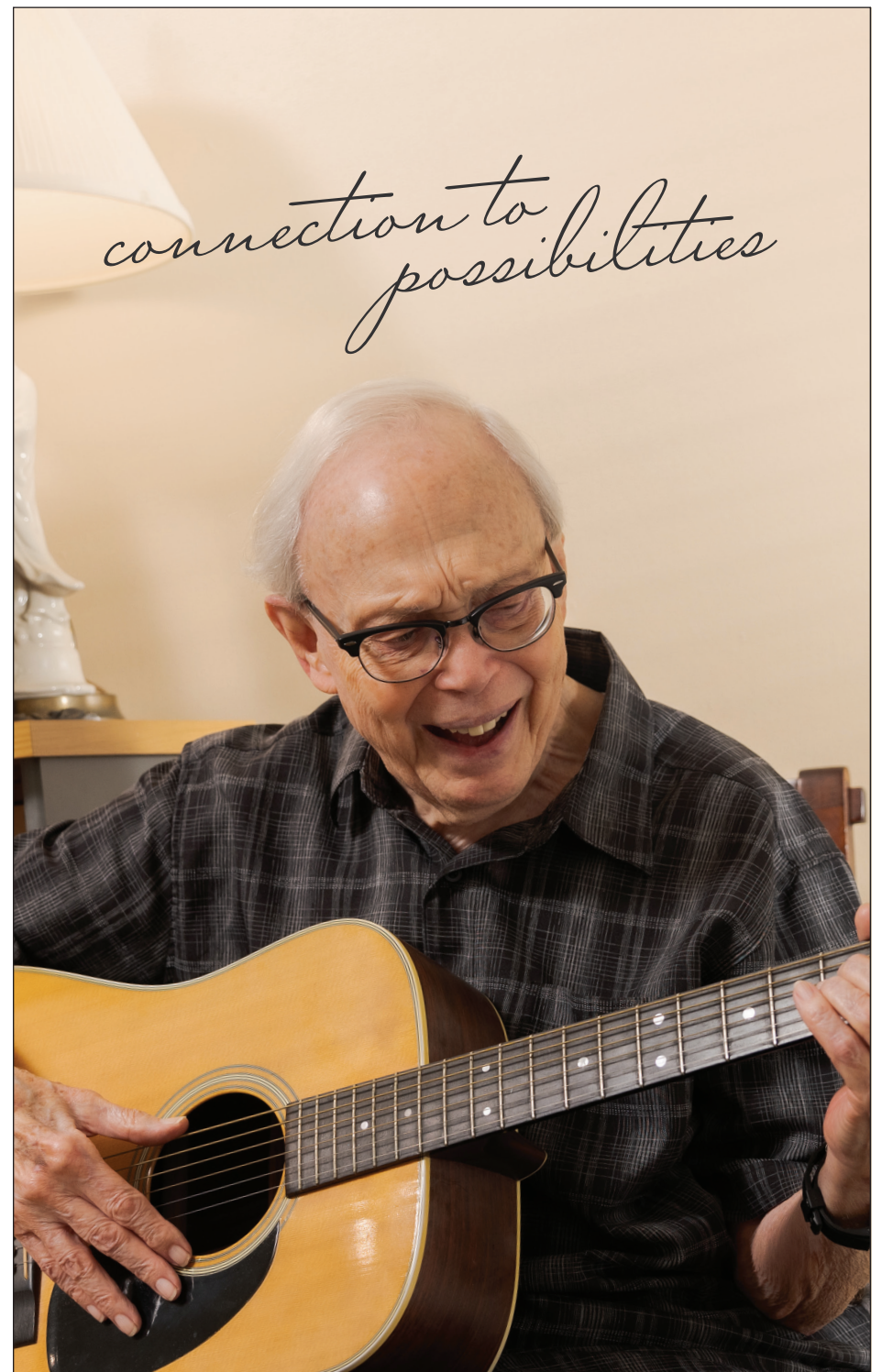
Foods

Continued from 24

good for the body. The fiber and carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads with nuts or sprinkle some nuts on oatmeal at breakfast.

• **Fruits and vegetables:** Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health. They're full of fiber and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads.

The right foods can help seniors restore energy levels and promote overall health.



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Tips to prevent pickleball injuries

Pickleball is thriving among all ages, and that's great news for those who love the game. According to the Association of Pickleball Professionals, roughly 36.5 million individuals played pickleball in 2022, and 45 percent of players who participated in a YouGov study conducted between August 2021 and August 2022 indicated they planned to play more pickleball in the coming six months than they had in the previous six months.

Unfortunately, pickleball also has proven beneficial to orthopedic practices. A 2023 analysis from UBS estimated pickleball injuries could cost Americans nearly \$400 million in 2023. Seniors are especially vulnerable to pickleball injuries, as a 2021 study published in the journal *Injury Epidemiology* found that 86 percent of emergency room visits related to pickleball injuries affected individuals 60 and older.

Injuries are a part of any sport, and pickleball is no different. Though there's no foolproof method to guarantee pickleball players don't get hurt playing the game they love, the following are some tips that can reduce injury risk.

• **Gear up.** Pickleball is a competitive sport, but there's a tendency among some players, particularly novices, to take a casual approach to the game.



Veteran players may know better, but anyone new to the game should be sure to wear the appropriate gear when playing. Athletic shoes with ample traction can reduce the likelihood that players will slip or fall. The right racket also can reduce the risk for elbow injuries. The sporting goods experts at Dick's Sporting Goods note that paddles should feature a light to medium weight, comfortable grip and a large sweet spot.

The right paddle will be different for everyone, so novices are urged to speak to veteran players for advice on which paddle might be best for them.

• **Embrace physical activity.** Pickleball can be a great workout, and players can reduce their injury risk by embracing physical activity even when they are not playing. Leg exercises can help build lower body strength, but strength exercises that focus on the upper body

also can reduce injury risk.

• **Loosen up before playing.** Taking the court right after getting out of the car is a recipe for injury. Arrive five to 10 minutes before a game and use that time to loosen up. A short walk and some subsequent stretches can help players make sure their bodies are not too tight to play. Some brief warm-up exercises and stretching can reduce muscle tension and make the body less vulnerable to injury.

• **Hydrate before, during and after a game.** The experts at Johns Hopkins Medicine note that water cushions the joints, which helps athletes maintain their flexibility. Flexibility can reduce injury risk, particularly in a sport like pickleball. The 2021 study published in *Injury Epidemiology* noted that 60 percent of pickleball injuries are sprains, strains or fractures. Remaining flexible can reduce athletes' risk for sprains and strains. Johns Hopkins recommends adults consume between six and 12 ounces of water for every 20 minutes of sports play and to drink between 16 and 24 ounces afterward.

Pickleball is wildly popular, even though pickleball injuries are common. Players can embrace various strategies to reduce their injury risk.

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Here are some tips on how to stay heart-healthy this holiday season:

- ▶ Practice portion control
- ▶ Stay active
- ▶ Watch your alcohol intake
- ▶ Drink plenty of water
- ▶ Reduce your stress
- ▶ Get plenty of sleep
- ▶ Take your prescribed meds

We hope you and your family enjoy a happy, healthy, and relaxing holiday.





Tailor-made gifts for on-the-go seniors

Seniors and older adults did not seem to get the memo regarding inflation. As the world continues to navigate a cost-of-living increase, internal data from Bank of America indicates that Baby Boomers (people born between 1946 and 1964) and Traditionalists (individuals born between 1928 and 1945) are spending more while younger generations are cutting back. Between May 2021 and May 2022, spending by Traditionalists increased by more than 5 percent while Baby Boomer spending rose by 2.2 percent. That uptick occurred while younger generations' spending fell by 1.5 percent.

Seniors seem to be on the go, and that's something shoppers can keep in mind as they look for gifts for their aging parents, grandparents and others. With that in mind, shoppers can consider these gifts that align well with the lifestyles of seniors who are out and about and making the most of their free time.

• Golf clubs or additional golf gear: Data from the National Golf Foundation indicated that more than 34 million people in the United States played golf in 2019, and 15 percent of those players were 65 and over. A new set of custom-fit clubs can help seniors take their game to the next level. Such clubs can be expensive, so they make a great tandem gift from children and grandchildren who pool their resources. If new clubs are not necessary or too costly, a single club, such as a new driver or putter, makes for a great gift as well. Gear like a new golf bag, new spikes and new course-friendly attire also makes

a great gift for seniors who love the links.

• Travel gifts: The 2023 AARP Travel Trends survey found that 85 percent of older travelers rank travel in their top three priorities for discretionary spending. The appeal of travel has not worn off for modern seniors, and shoppers can keep that in mind this holiday season. New luggage, travel miles earned through a credit card, unique experiences at senior travelers' next destination, air tags that can keep track of luggage, and a world travel adapter that can convert plugs in any country across the globe are just a few of the many travel gifts shoppers can give on-the-go seniors this December.

• Exercise gear: The National Council on Aging notes that adults who exercise after turning 65 continue to reap the same rewards that improve quality of life among younger men and women. In addition to boosting immunity, exercising after 65 continues to improve mood so long as seniors stay the course. Exercise gear, including attire and appropriate footwear, can reduce injury risk and help seniors feel more comfortable while breaking a sweat.

• Spa session: All that activity is good for the body, but so is a little post-activity rest and relaxation. A day at the spa, where seniors can get a massage, take a mental break and address minor aches and pains can be just the thing seniors need to recover in time for their next excursion.

Any number of gifts can make this holiday season even more special for modern seniors who continue to get up and go each day.



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Business Weekly

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THURSDAY, DECEMBER 5, 2024 · PAGE 31 www.PonteVedraRecorder.com

Renovations underway at high-risk labor and delivery unit

Baptist Jacksonville is expanding the Chartrand Frisch Family Birth & Newborn Center to provide additional high-risk labor and delivery resources to meet the community's projected growth.

The significant project is being completed in multiple phases:

- Phase One (completed in July 2024) — Four dedicated maternity exam rooms for evaluation and observation, plus a dedicated surgical pre- and post-operative recovery area.
- Phase Two (currently underway; expected to open in September 2025) — Twelve additional labor and delivery rooms designed to accommodate mothers with high-risk pregnancies who need care prior to delivery. This unit is in close proximity to the operating room, if needed, and has a dedicated OB/GYN available 24/7.

“As our community grows, so do we,”



Contributed photo

said Michael A. Mayo, president and CEO of Baptist Health. “We understand that welcoming a child to the world is one of life’s most precious and profound experiences — full of joy and sometimes uncertainty. That’s why we’re commit-

ted to providing top-tier facilities backed by exceptional team to support families every step of the way.”

As the Northeast Florida area continues to experience unprecedented population growth and maternal age increases across

the United States, research shows an expected rise in high-risk pregnancies. From 2023 to 2033, OB inpatient care in the Jacksonville area is forecast to increase by nearly 6% and high-risk OB cases are expected to increase by more than 15%. This represents more than 1,000 additional mothers needing specialized care.

“For generations, Baptist Health has been the top choice of mothers to deliver their babies,” said Nicole B. Thomas, hospital president of Baptist Jacksonville. “Our goal in updating the center is to provide enhanced access to critically needed maternity and high-risk obstetrics services and to connect moms experiencing high-risk pregnancies with the highest-level neonatal care in the region at Wolfson Children’s.”

The expansion of the Chartrand Frisch

RENOVATIONS continues on **Page 36**

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Odd Birds visionaries open Charlotte 33 Speakeasy

For The Recorder

Not long ago, most cocktails offered in St. Augustine were standard two-ingredient classics like a rum and coke. Then, in 2013, Ice Plant Bar opened and transformed the local drinking scene. This was due in large part to their bartenders, who created handmade, small batch cocktails with crazy creativity and skillful techniques — one of whom being Cesar Diaz.

Diaz came from Venezuela by way of Miami, and was known at Ice Plant for his complex and well-balanced cocktails. In 2015, Diaz wanted to channel his creative forces into a concept all his own, and opened a tiny bar at 33 Charlotte St. It became wildly popular.

“People came to the bar curious about what liquors we were using and what ingredients went into each glass,” said Diaz, owner of Odd Birds and the new Charlotte 33 Speakeasy. “As bartenders, we became not only ambassadors but educators. We were offering a curated experience; a work of art satisfying to their taste buds specifically.”

Diaz’s success encouraged him to make the pop up permanent, branding the bar Odd Birds. He eventually started serving food, hosting dance parties and expanding into the space upstairs. But then the building owner wanted to do something else.

“We needed a more permanent location, and so we moved across the bridge to the island, and we’ve been blessed ever since,” Diaz said.

Odd Birds has a parking lot, full food menu and a much larger space to welcome patrons. In classic Diaz style, he decided to open another pop up this past summer — this time, inside his own bar.

“We have a back bar hidden behind a bookcase in the wall, and I thought, ‘Wait! We could really offer something special back here,’” Diaz said. He wanted to bring people back to that first feeling they had drinking their first craft cocktail. “I wanted to remind people of the original location where we created such an amazing vibe and feeling of togetherness.”

Charlotte 33 Speakeasy at Odd Birds is an intimate bar redefining what it means to create, and enjoy, a cocktail.

“Our focus is introducing new spirits to our guests, like Sochu from Japan, Baijiu

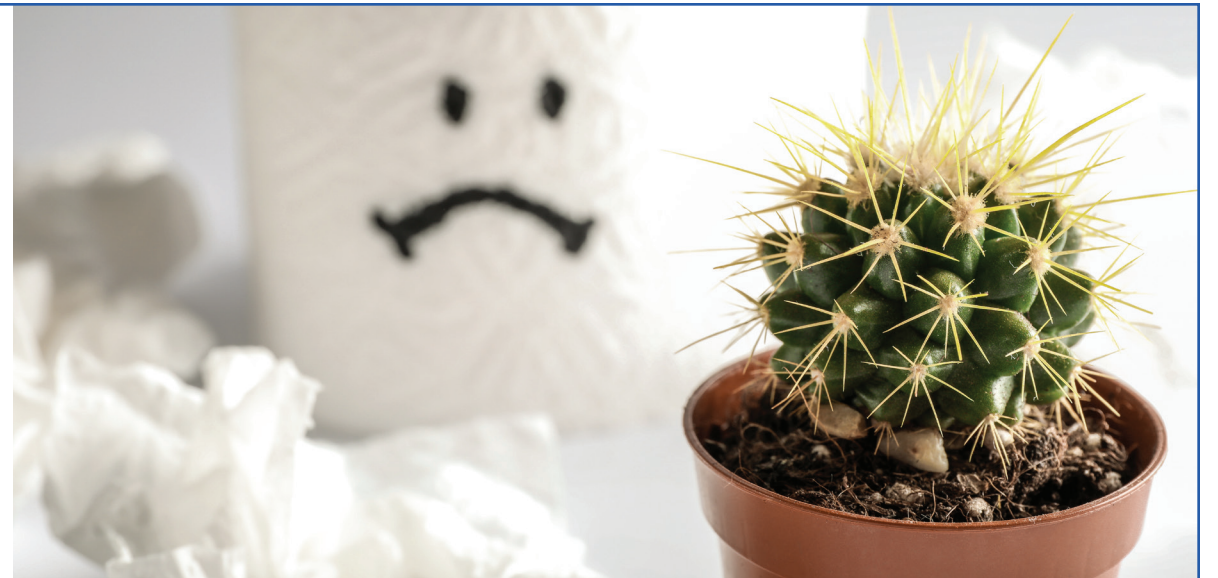
from China, Cocuy from Venezuela and rare rums and bourbons from Odd Birds’ special collection,” Diaz said. “We really strive to bring new concepts and experiences to our bar program as a way to keep our guests as excited as we are about what we do.”

During Nights of Lights, they’re hosting Tiki Santa and a Whoville & Grinch inspired evening. In January, they’ll partner with Edgar Allan Poe Speakeasy to create a four-part cocktail experience based on stories of the famed poet.

The speakeasy is available for weddings, parties and events.

Odd Birds Cocktail Lounge and Kitchen is located at 200 Anastasia Blvd., St. Augustine. Make a reservation at oddbirdsbar.com.

Tell hemorrhoids to butt out.



It’s a common condition nobody wants to talk about. For some people, hemorrhoids have no symptoms, while others who suffer may be too embarrassed to seek treatment.

You’re not alone if you’re experiencing annoying hemorrhoid symptoms. About one in 20 Americans will experience symptoms at some point.

When is it time to see a doctor?

If you’re experiencing the following symptoms, it may be time to make an appointment with your doctor:

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- Swelling
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Baptist Health CEO once again named to 'Florida 500'

Michael A. Mayo, president and CEO of Baptist Health, was named to Florida Trend magazine's list of the state's 500 most influential business leaders across more than 60 sectors. This is the third consecutive year he has featured on the prestigious list.

"Florida 500" honorees are selected for their leadership, both in driving success within their organizations and in fostering positive change through community service and philanthropy.

"We look for individuals to whom others in their communities or industry sectors turn to for leadership or who set a standard for best practices in their sector," according to Florida Trend.

The publication uses broad economic categories from the U.S. Department of Commerce to compile the list, with the number of honorees in each category being roughly proportional to that category's share of the state's gross domestic product. Mayo was among 34 honorees in the "Life Sciences" category.

"It's humbling to be included alongside so many incredible leaders across Florida," said Mayo, who was also rec-



Michael A. Mayo

ognized earlier this year as one of "86 Great Healthcare Leaders to Know" by Becker's Hospital Review. "I'm lucky to work with a dedicated team that is all about making a real difference in the communities where we live and work."

Mayo has more than 30 years of health care executive experience and has been the president and CEO of Baptist Health since June 2021. As the

seventh CEO in Baptist Health's nearly 70-year history, he oversees more than 14,000 team members and more than 2,000 medical staff in the delivery of high-quality, coordinated care and services focused on improving the health and well-being of the people of North-east Florida and Southeast Georgia.

He earned his Doctor of Health Administration from the Medical University of South Carolina, his Master of Science in health care administration from Texas Woman's University and his Bachelor of Science in human resource management from the University of Alabama. He is board-certified in health care management and a fellow with the American College of Healthcare Executives. He was elected to the Board of Governors of the ACHE Class of 2022. Mayo has served as the ACHE Regent for Florida — Northern and Western, on the editorial board

of Healthcare Executive, and on the Regents Advisory Council.

He currently serves as a state delegate of Regional Policy Board 4 (Southeastern U.S.) with the American Hospital Association and is serving a three-year term as a member of the organization's Board of Trustees. He also serves on the Florida Hospital Association Board of Trustees, representing Region 2.

Mayo also holds several leadership positions within the community, including serving on the University of North Florida (UNF) Foundation Board, the Dean's Council of UNF, as an adjunct professor in the Master of Health Administration program at UNF Brooks College of Health, on the Board of Directors with Jacksonville Chamber of Commerce and on the Board of Directors at Community Hospice & Palliative Care.

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Medical facilities partner to enhance pediatric care

By combining resources and expertise, Brooks Rehabilitation; Nemours Children's Health, Jacksonville; Wolfson Children's Hospital; and UF Health Jacksonville aim to provide more cohesive and accessible treatment options for pediatric patients. The new partnership provides for medical care, training and education to ensure children of all ages receive the best that each organization has to offer.

"This partnership marks a significant milestone in our mission to provide unparalleled care to the children of our region," said Trevor Paris, MD, system chief medical officer for Brooks Rehabilitation. "Through our shared commitment, we are ensuring that every child receives the best medical and rehabilitative care possible."

Noting a shortage of pediatric rehabilitation beds at Brooks Rehabilitation Hospital — University Campus (BRH) and in the state of Florida, Brooks fully committed to a pediatric program enhancement. With funding from the Florida legislature, Brooks was able to double the number of pediatric beds available at BRH, create a secured pediatric area with pediatric and sensory gyms, expand the state-of-the-art technology available to patients and provide the only, no-cost, school re-entry services in the region.



This integrative approach ensures that children who historically transitioned directly to outpatient services can now receive the intensive and specialized pediatric services they need for best long-term outcomes.

In 2021, Brooks saw seven pediatric patients from Wolfson Children's, and this number has increased to more than 40 in 2024, demonstrating the growing need and success of this partnership.

Under this new partnership, Nemours Children's will employ two hospitalists at BRH to provide 24/7 medical coverage for pediatric patients. These hospitalists will be responsible for managing medical

complexities, mitigating potential complications and ensuring patients are medically stable. An additional hospitalist will split time between Brooks and Wolfson Children's, allowing for seamless integration and continuity of care.

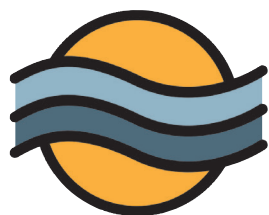
In a separate collaboration, Brooks and UF Health will hire a physical medicine and rehabilitation physician to oversee the physical care of patients at Brooks' inpatient and pediatric day program. This physician will work closely with therapists and nursing teams to manage the physical aspects of recovery, like muscle tone and spasticity, ensuring patients are set up for success and smooth transitions

back home.

Additionally, patients will have access to a team of Nemours Children's and University of Florida subspecialists for consultations. This will create an increased network of physician support for patients being served at Brooks.

Brooks nurses will receive hands-on training at Wolfson Children's, including the TAPS course (Transition from Adults to Pediatrics) to ensure they meet the highest standards of both Brooks and Wolfson Children's pediatric care. After coursework, they will complete multiple phases of direct patient shadowing at Wolfson Children's, beginning with respiratory care, as part of this comprehensive training program.

"This announcement underscores the value and importance of collaboration between institutions, such as Nemours Children's Health and Brooks," said Andrew Stec, MD, vice president, chief medical officer for Nemours Children's Health, Jacksonville. "Aligning our two institutions through a common mission further enhances our goal of creating the healthiest generations of children. By combining Nemours' clinical resources and Brooks' rehabilitation network, the children in our community benefit by receiving better specialized care closer to home while they recover."



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Real estate company expands presence with new offices in Palm Coast

Berkshire Hathaway HomeServices Florida Network Realty has announced the company has acquired Berkshire Hathaway HomeServices Palm West Realty brokerage and its two offices in Palm Coast.

The two real estate companies merged to create a new company that will operate under the Berkshire Hathaway HomeServices Florida Network Realty name.

The acquisition will strengthen the company's presence in the Palm Coast community, where Palm West Realty has been serving the community since the early 1980s. Eighteen Realtors currently affiliated with Palm West Realty will join 15 Berkshire Hathaway HomeServices Florida Network Realty Realtors to serve the Palm Coast market.

"We are stronger together and thrilled to acquire a company that is so rooted in the Palm Coast community, and with a team that is highly regarded for their accomplishments, dedication and reputation," said Berkshire Hathaway HomeServices Florida Network Realty President Ann King. "The acquisition is an opportunity to elevate and enhance the services that we provide to our clients and commu-



Contributed photo

Berkshire Hathaway HomeServices Florida Network Realty has acquired Berkshire Hathaway HomeServices Palm West Realty. Pictured from left: Berkshire Hathaway HomeServices Florida Network Realty Founder and Chair Linda Sherrer, Assistant Manager Susan Kos, Broker Manager Tracy Glochau and President Ann King.

nities throughout Northeast Florida."

The strategic expansion with Palm West Realty increases the company's ability to provide real estate services to Flagler and Volusia counties, with experience, exposure, service and convenience. Areas served include the cities of Palm Coast, Daytona Beach, Flagler Beach,

Ormond Beach, Port Orange and beyond.

The new offices in Palm Coast are located at 2 Florida Park Drive (the Palm Coast West Office) and east of the Intracoastal Waterway at 5408 N. Ocean Shore Blvd. (the Palm Coast Beach Office on A1A Scenic Highway.)

Tracy Glochau has been named broker

manager of the Palm Coast offices. She will continue to serve as broker manager of the company's St. Augustine and Murabella at World Golf Village offices. Realtor Susan Kos is the assistant manager of the Palm Coast, St. Augustine and Murabella at World Golf Village offices.

The City of Palm Coast is the ninth fastest-growing city in Florida and Flagler County is the fourth fastest-growing county in Florida. To support the growth, Berkshire Hathaway HomeServices Florida Network Realty has a team of more than 500 real estate professionals and operates a corporate relocation division, which addresses all relocation needs including the buying and selling of residential real estate, temporary housing assistance, household goods shipment referrals and more.

The company also manages a builder sales division, a commercial division, Florida Network Property Management, Gibraltar Title Services LLC, Prosperity Home Mortgage LLC and HomeServices Insurance.

For more information, go to FloridaNetworkRealty.com or FLNetworkRealty.com.

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Bulls Dixon Companies breaks ground on Cat's Paw Marina expansion

For The Recorder

Cat's Paw Marina, one of the Bulls Dixon Companies, began construction Nov. 20 on an expansion project that will transform the marina from a 178-boat dry stack facility with fuel service to a 20-acre dry stack marina with 114,000 square feet of boat barn storage capable of serving 500 boats up to 45 feet in length. Representatives from Bulls Dixon Companies, the City of St. Augustine and project partners broke ground on Phase 1 of the project.

In addition to the local boating community, the expansion will also serve visiting boaters with increased transient boat dock space. A new 5,000-square-foot waterfront restaurant featuring fresh seafood is expected to open soon. The waterfront drop zone will be renovated to offer 2,100 linear feet of staging docks. Plans also include 78 self-storage units perfect for fishing tackle and supplies.

The marina welcomes boat owners up to 45 feet in length to join the quickly growing waitlist.

"Today's groundbreaking means boaters in St. Augustine and St. Johns County will have more access to secure dry dock storage for their boats than ever before," said Gayle Bulls Dixon, founder and managing partner



of Bulls Dixon Companies. "The need for safe boat storage is great for the boating community here. Due to the support of the City of St. Augustine as well as our incredible project partners, we are able to help provide a solution for boaters as well as offer new opportunities for the public to enjoy the waterfront."

This expansion complements efforts by both the City of St. Augustine and St. Johns County to increase boating access in the region. In 2022, St. Johns County purchased a neighboring 38-acre parcel of land to construct a new park and the first new public boat ramp in de-

cadec. A series of walking paths will connect the public park to the Cat's Paw Marina property, allowing for safe public access to the restaurant.

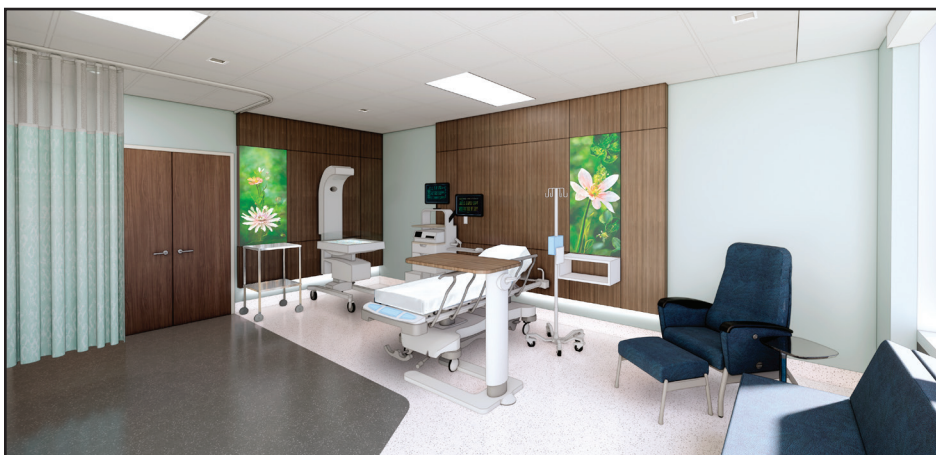
"The St. Augustine waterfront is a vibrant and vital part of our community and our economy," said St. Augustine Mayor Nancy Sikes-Kline. "Cat's Paw Marina, along with the new neighboring public boat ramp and park, will activate this area and provide the public — whether they be boaters, fishing enthusiasts or foodies — more access than ever to enjoy our beautiful waterways."

Phase 1 construction for the Cat's Paw Marina expansion is anticipated to be completed by August 2025. Jamison Chattin of Dana B. Kenyon Company is the general contractor. Eric Almond, P.E. and Carrie Kissinger of Almond Engineering, P.A. are the project's civil engineer of record. Brett Roof of Roof and Rack, LLC has designed and will fabricate the new barns, including the new 82,000-square-foot barn in Phase 1.

Phases 2 and 3 incorporate a third barn and 85,000 square feet of flexible commercial space, to be developed at a later date. John Allmand of JAA Architecture is the architect. Approximately 10 acres of waterfront are available for development partners.

For more information on Cat's Paw Marina, go to catspawmarina.com.

Contributed photos



Renovations

Continued from 31

Family Birth & Newborn Center on the Baptist Jacksonville campus will directly connect maternity and high-risk obstetric care to the specialized 87-bed neonatal system in the Borowy Family Children's Critical Care Tower at Wolfson Children's Hospital.

"Parents can take comfort knowing Wolfson Children's offers highly skilled staff and state-of-the-art technology in all of our neonatal intensive care units across

the health system, including the highest level of neonatal care in the Borowy Family Children's Critical Care Tower," said Allegra C. Jaros, president of Wolfson Children's. "With Baptist Jacksonville and Wolfson Children's together in one location, parents can rest assured we work together to aim for top-decile care for both mother and baby in everything we do."

Mark and Meredith Frisch know how important access to expert neonatal and high-risk obstetric care is. From their first child Lyla's NICU stay at Baptist South in 2011 to the premature birth of twins Abby

and Hannah in 2012 at Baptist Jacksonville, the Frisch family is deeply grateful for the life-saving care they received at Wolfson Children's Hospital and Baptist Health.

The Frisch family, which now also includes a son named Emmitt, was so inspired by the care they received, they gave a generous gift to help fund the renovations to the Baptist Jacksonville Maternal Newborn Unit when it opened in 2021. The Chartrand and Frisch families helped inspire many others to give, making the 2021 project possible.

To expand offerings of vital high-risk

services in this new expansion, Baptist Health has set a philanthropy goal of \$5 million. Recently, gifts from the Hutson Family and a collective effort by friends in honor of Duval County Judge and former Baptist Health senior executive Audrey McKibbin Moran have helped push closer to this goal. Community support is crucial in helping to meet this target which will provide resources to match the growing high-risk pregnancy needs of the Jacksonville community.

To contribute to this initiative, go to <https://giving.baptistjax.com/give/576990/#!/donation/checkout>.

GUEST COLUMN

Selling your business to private equity group vs. strategic buyer

Written by/for Wells Fargo Advisors

If you own a business, it can be overwhelming to think about selling it. One way to gain some control is to learn about your alternatives so you better understand what is best for you, your family and your company. While buyers come in all shapes and sizes, perhaps the most sophisticated are private equity groups (PEGs) and strategic buyers.

Private equity group

A PEG is made up of financial professionals who have raised money to buy — and eventually sell — companies.

Key considerations: It is important to consider your financial and timing goals to determine if a PEG sale is a fit. Your continued involvement will be based on your current role in the company. Are you comfortable running the company with another majority owner? PEGs usually target a three-to-five year holding period, after which the PEG attempts a second sale of the company (in which you may be able to completely exit).

What happens: As a simple example, assume you sell for \$1,000. Assume also that the PEG funds the transaction with \$500 debt and \$500 equity and asks you to roll over \$100 to own a 20% equity interest. Your existing management — and likely you — will be tasked with growing the business while paying down the debt.

Now, let's say you double the profits while completely paying off the debt and then the business is sold. Assuming the same valuation multiple of profit/cash flow, the business would be valued at \$2,000 and you would get 20%, or \$400, for your \$100 investment because all the debt was paid off.

Risks: Of course, there's no guarantee the business will grow while pay-



Contributed photo

ing down the debt or it will then sell on favorable terms. In the meantime, you will have a majority owner that is looking to exit in a few years, so its goals may not align with yours. When considering a PEG, you want to be comfortable with its level of involvement in the running of the company and how decisions will be made.

Strategic buyer

A strategic buyer is usually a company in the same or related industry that has some overlap or synergy that would result in incremental savings or revenue if it bought your company.

Key considerations: Your company may be absorbed, which is important to consider if you value legacy. There may be a heightened risk for job loss, especially among senior leaders, as your team may overlap with that of the buyer. The flip side is you may find it easier to walk away after a strategic sale.

What happens: Unlike a PEG, you will usually not be asked to reinvest in the company, and depending on your current role, you may be involved in a transition period of only a few months. What happens to your management team and

the rest of your workforce depends on the overlap with the buyer and its strategic direction.

Risks: If you are paid in the acquiring company's stock, you need to consider the risk of owning that much of one security. If the buyer is a public company, you may be able to sell that stock and diversify over time, but that can be delayed if the stock is restricted. In that case, you can be prohibited from selling until after a vesting period or certain conditions are met.

Transitioning your ownership of a company is more complex than a typical retirement, but it can be less daunting if you understand your options.

This article was written by/for Wells Fargo Advisors and provided courtesy of Ponte Vedra Wealth Management Group in Ponte Vedra Beach at 904-273-7918.

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Federal Reserve executive is Economic Development Council speaker

The St. Johns County Chamber of Commerce's next Economic Development Council Breakfast will feature a presentation from David Altig, executive vice president and chief economic adviser at the Federal Reserve Bank of Atlanta.

The quarterly breakfast will be held Friday, Dec. 6, at 8 a.m., at Embassy Suites in St. Augustine Beach. Those interested in attending should note the new location for this event, rather than the usual location of Renaissance World Golf Village.

Altig will share information about the latest economic policy from the Federal Reserve Bank of Atlanta and how it affects business and industry in our region.

"We are honored to host Mr. David Altig as our guest speaker at the EDC



David Altig

Breakfast," said Jim Bush, chair of the Chamber's Economic Development

Council and director of external affairs for Florida Power & Light. "He serves on the executive leadership team for the Federal Reserve Bank's economic mobility and resilience strategic priority, is an executive cosponsor of the Working Families Employee Resource Network and is an adviser to the executive leadership committee. Mr. Altig is a fellow and immediate past president of the National Association for Business Economics and will provide valuable insight into current federal economic policy for our members."

Inflation and its impact on business will also be a focus of the program, and Altig will provide a national economic forecast based on key performance indicators that business leaders should be

aware of.

"Hearing from Mr. Altig will be a valuable opportunity for the entire St. Johns County business community," said Isabelle Renault, president and CEO of the St. Johns County Chamber of Commerce. "Especially in an election year, which can bring a degree of uncertainty, this program will provide businesses additional insight for the most efficient predictions and planning. The Chamber is committed to delivering insightful and practical programming to provide the best tools and resources for businesses in our region."

Chamber members and nonmembers can register to attend at https://bit.ly/sjc_edc1206. Registration fee includes networking, breakfast and program.

Benchmarks of Success

A look at major career developments in the area

River House names events manager, assistant manager

River House Events and Council on Aging (COA) recently announced that Cindy Walker has been named events manager for River House Events, joined by Janel Graham as assistant events manager. Both professionals bring extensive experience and a shared dedication to enhancing the event experience at River House, COA's premier waterfront venue in St. Augustine.

River House Events offers an exquisite venue for weddings, corporate gatherings and social events. Owned and operated by St. Johns County Council on Aging, River House serves as both an event space and a community hub. Its elegant architecture, expansive riverfront patio and breathtaking views



Cindy Walker and Janel Graham outside River House

of the St. Augustine lighthouse make it a sought-after destination for memorable celebrations.

Cindy Walker has been involved with COA since 2017, serving in various roles including development and events coordinator and events assistant.

Janel Graham, who joined COA in 2022 as development and events coo-

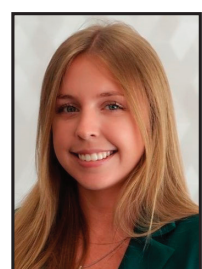
ordinator, also brings valuable experience in the wedding planning and hospitality industries. Her skills and dedication to creating unforgettable moments make her an excellent addition to the River House team.

River House is located at 179 Marine St. and offers weddings, as well as corporate event hosting, military discounts and short-term booking opportunities. For more information, go to www.RiverHouseEvents.com.

development manager. In this role, Hochstetler's responsibilities include identifying growth opportunities that will help strengthen existing client relationships and attract new clients in support of Office Images' overall expansion goals.

Prior to joining Office Images in 2023, Hochstetler's previous employment experience includes management, marketing, sales and client relations roles. She earned a bachelor's degree in communication with a concentration in advertising from the University of North Florida.

Office Images is one of the largest Haworth dealerships in the country, providing furniture and architectural solutions nationwide to clients in commercial, government, education, and health care industries. For more information, go to officeimagesinc.com.



Morgan Hochstetler

Office Images promotes Morgan Hochstetler

Office Images, a nationally respected, full-service workplace furniture and architectural products dealership, has announced the promotion of Morgan Hochstetler as business

— Compiled by Shaun Ryan

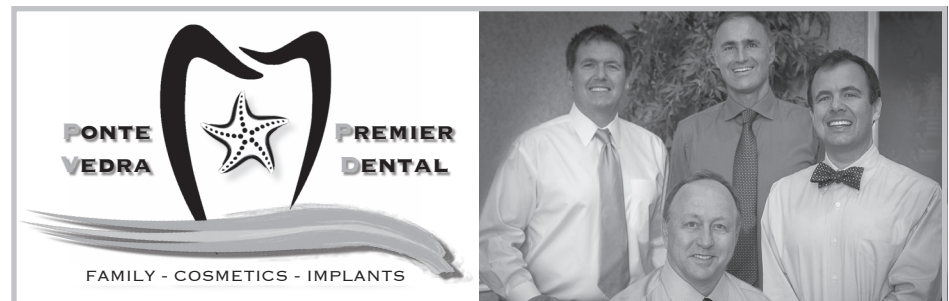
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The Ponte Vedra Woman's Club holds annual 'Underwoods Trunk Show FUNraiser'

The Ponte Vedra Woman's Club annual "Underwoods Trunk Show FUNraiser" was held on Nov. 21. For the event, attendees enjoyed libations and hors d'oeuvres and had the chance to purchase raffle tickets to win a Roberto Coin necklace or Platinum Born necklace. All proceeds from the raffle, and a portion of jewelry sales from the event, were donated to benefit 5 local charities, Betty Griffin House, Mission House, Port in The Storm and BEAM.

Contributed photos



Small Business Development Center announces new office

The Small Business Development Center (SBDC) at the University of North Florida has announced its new office located at 112 W. Adams St., in the Barnett Building in the heart of downtown Jacksonville. The opening of the new Downtown Enterprise Hub marks a significant milestone in the SBDC's ongoing commitment to fostering business success and community engagement.

The Downtown Enterprise Hub will serve as a collaborative space where

small businesses can access resources, engage in innovative projects and participate in educational opportunities designed to help business thrive.

"We are thrilled to open our new downtown office, which will serve as a beacon of support and innovation for small businesses in Jacksonville," said Debbie Magyar, SBDC at UNF regional director. "This space represents our commitment to fostering an environment where entrepreneurs can collabo-

rate, learn and grow."

The downtown office is an extension of the main SBDC office located on UNF's campus. It will offer management assistance and training to prospective or existing small-business owners. All business consultations are by appointment only. To schedule an appointment and to view upcoming events, go to www.sbdc.unf.edu.

The SBDC at UNF provides expert business consulting, training and

resources to help small businesses grow and succeed. Designated as the state's principal provider of business assistance, its mission is to support the entrepreneurial spirit and economic development of the community. The SBDC at UNF serves 18 counties including Alachua, Baker, Bradford, Citrus, Clay, Columbia, Dixie, Duval, Gilchrist, Levy, Hamilton, Lafayette, Marion, Nassau, Putnam, St. Johns, Suwannee and Union.



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www.PonteVedraRecorder.com

Jazzy Christmas performance is this Sunday

Kick off the yuletide season with an entertaining evening of Christmas favorites in the jazzy styles of swing, bossa nova, funk, samba, sweet ballads, bluesy shuffles, New Orleans street beat and more.

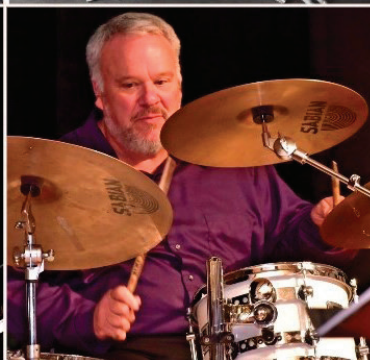
“A Swingin’ Mudville Christmas!” with the Kelly/Scott Jazz Sextet is topped off with a fun Christmas sing-along and features six highly regarded, world traveled jazz artists, including three Jax Jazz Fest “Hall of Fame” inductees, a former Disney World staff musician and a former D.C. Navy Commodores drummer.

The program will be presented at the Mudville Listening Room, 3105 Beach Blvd., Jacksonville, from 6 to 8 p.m. Sunday, Dec. 8, with doors opening at 5:30 p.m.

The group consists of Lisa Kelly (vocals), JB Scott (trumpet), Bill Prince (sax/clarinet), Jeff Phillips (piano), Dennis Marks (bass) and Clyde Connor (drums).

Tickets are \$15. Text: 904-485-0763 for preferred seating reservations, or pay at the door; walk-ins are welcome.

Presented by Mudville Listening Room and Mark R. Williams.



Contributed photos

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Museum presents 100 Years of Music Nights of Lights exhibit

The Ximenez-Fatio House partners with the St. Augustine Art Association and area musicians for an ongoing event during Nights of Lights in St. Augustine.

The 100 Years of Music Exhibit will feature 14 artists decorating 13 mantel-pieces in the circa-1798 house located on the oldest platted street in the continental United States, Aviles Street.

Artists are members of the St. Augustine Art Association, which was founded on January 18, 1924, in the Ximenez-Fatio House during a gathering.

To celebrate the anniversary, the 14 artists will transform the historic fireplace mantels with stunning displays inspired by a century of music (1924-2024), an extraordinary blend of art, history and music.

The holiday tour is available Monday through Saturday from 10 a.m. to 5 p.m. (last tour leaves at 4 p.m.) Cost is \$25 per guest. Reservations can be made online at ximenezfatiohouse.org or at The Fig Tree Gift Shop on the historic property, 20 Aviles St.

The Saturday concerts will be held from 2 to 4 p.m. in the courtyard and are free and open to the public.

Donations will be accepted for the Historic Preservation and Restoration Campaign of the original coquina structure, the 226-year-old Ximenez-Fatio House.

Selected artists are: Judy Vance (Ximenez General Store), Doni Dowie (Entrance Hall), Diana Mier Patterson (Dining Hall), Susan Miller Kiehn (Guest Parlor), C. Avery St. Jean (Soldier's Room), Frances Thomas (Sea Captain's Room), Barbara Betus (Owner's Office), Leigh Slayden (Owner's Parlor), Georgia Taylor (Owner's Bedroom), Dani & Amiah Ratcliff (Family Room), Deborah Lightfield (Frail Lady's Room), Angela Gaudioso Klein (Tourist's Room), Lora Batorsky (Naturalist's Room) and Anonymous Artist (Historic Detached Kitchen).

Concert Schedule

Dec. 7: JIM-I-IN Duo, '50s and '60s sing-along favorites with guitars and banjo.

Dec. 14: Rich Pascucci, classical guitarist, sponsored by St. Augustine Town Committee

Dec. 21: Carter Hetz Duo, FSU music major, jazz saxophonist and piano

Dec. 28: Peyton Lescher, Flager College music student, guitarist and ballad singer

Jan. 4: Torrey Kingry and Debbie Rider, guitar singing duo of classic country and other favorites

Jan. 11: Mary Jane Ballou, classical harpist

Jan. 18: Rich Kuncicky, classical guitar instrumentalist

New book brings Florida history to life

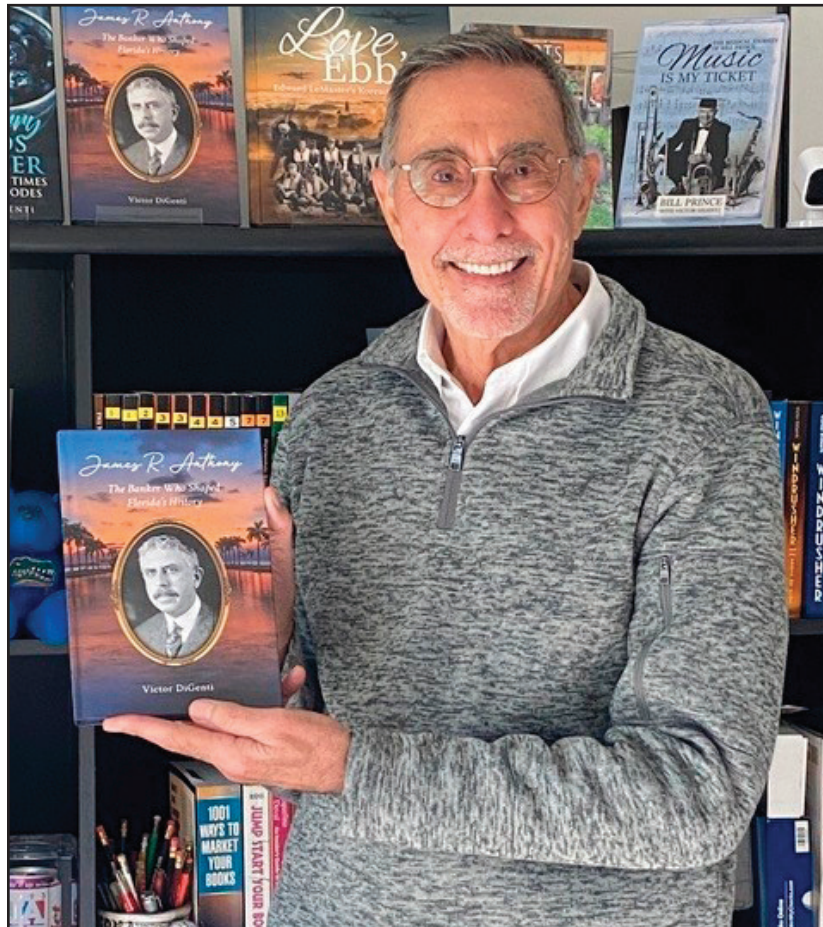
Author to speak at Ponte Vedra Beach Library

You may not know the name James R. Anthony, but Floridians, who pay no state income tax, owe him a debt of gratitude.

Vic DiGenti had never heard of Anthony either, or the part he played in Florida's history, but he has meticulously documented the life and times of this pivotal Florida businessman in his new book, "James R. Anthony: The Banker Who Shaped Florida's History." DiGenti will appear at the Ponte Vedra Beach Branch Library at 3 p.m. Sunday, Dec. 8, to discuss and sign his book.

DiGenti, a Ponte Vedra Beach resident and award-winning author, has worked as a ghostwriter and biographer for the past nine years, helping people write their personal and family histories. He said it's extremely rare to find the kind of detailed historical records he used to write the Anthony book. When Anthony's granddaughter asked him to write her grandfather's biography, she loaned him five detailed journals her grandfather wrote documenting his family and business affairs.

"It became evident," DiGenti said, "that Anthony's life story was Florida's story, and this would be as much a history book as a



Contributed photo

Author Vic DiGenti with his book, "James R. Anthony: The Banker Who Shaped Florida's History"

biography. The early 1900s saw profound changes in the Sunshine State, and Anthony was both an observer and a participant."

The book documents Anthony's rise from poor Georgia farm boy to become what one historian called "Florida's King of Chain Banks." Readers will learn how he found success in multiple fields and helped shape Florida's future during the frenetic boom and bust years of the early 1900s.

Anthony worked with iconic oil and railroad tycoon Henry Flagler and helped create a state banking system of 60 financial institutions. He became president of the Florida Banking Association in 1924.

While initially written solely for the Anthony family and their friends, the book is now available for purchase, and early readers have praised it, writing, "DiGenti's vivid and cinematic style make for page-turning reading ..." and "This book may turn out to be one of the most inspirational, entertaining, and educational memoirs you'll ever read."

The book is available at Amazon.com and some area bookstores.

DiGenti is a member of the Association of Ghostwriters and the Florida Writers Association and is on the Board of the Beaches Museum. He lives and works in Ponte Vedra Beach with his wife and four frisky cats.

Learn more at windrusherhallpress.com.

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CONCERT REVIEW

Jacksonville Symphony's cinematic-scale encounter with Vaughan Williams, Dvořák and Lam

By Matt Bickett

In an attempt to inspire moviegoers back to the cinema post-COVID, the theater chain AMC Theatres showed an uncharacteristic but now widely popular commercial before its movies. Nicole Kidman, the star of the ad, describes the film-viewing experience with a candor and focused drama that resonated across generations — earnestly with older viewers, ironically with younger. Overwhelmingly positive responses to the ad, whether to its sincerity or to its camp, revealed a deeply held consensus that the ad's monologue does in fact convey a core need of American life. We need these larger-than-life encounters with our culture's art — even better when we feel like we know the artists.

In Jacoby Symphony Hall, the Jacksonville Symphony's weekend performances under Courtney Lewis's baton fulfilled this need for larger-than-life cultural encounter. Here without screens or projectors, their timely and provocative Jacksonville premier of Vaughan Williams's Fourth Symphony, coupled with a charming account of Dvořák's Cello Concerto and the Florida premier of Angel Lam's "Please let there be a paradise...", rivaled a night at the movies. The solo feature of local celebrity cellist Alexei Romanenko lent extra star power to the occasion.

The program opened with Lam's mystical new work, "Please let there be a paradise..." Centering themes of spirituality and dreams, Lam's combination of misty textures with folk-like gestures tells the story of soul-searching after her father's tragic, unexpected death. The dream-like mood set by the work's first scene, through singing bowls and well-executed instrumental glissandi (gliding between pitches), set the stage for an open, searching quality in passages employing pentatonic motion (based on five-note scales) passed around the orchestra.

These gestures developed, incorporating more intense melodic motion and instrumental colors, as the narrative motion reached a high point before retreating back into the misty world of the opening. Throughout, gentleness accompanied the work's dense, sophisticated voice — as if the composer's wisdom expertly guided the audience through these unforgiving questions of death and despair. The Symphony's convincing rendition of Lam's score benefited from Lewis's attention to orchestral color and seriousness of purpose.

Czech composer Antonín Dvořák complained about the cello's muddy low range and nasal high register. At the request of his friend and to the surprise of all, he wrote his Cello Concerto in B minor anyway. Dvořák's reservations found no basis in Romanenko's account of the

work, with Romanenko's singing, almost Bel Canto upper range and precision in the lower register removing any doubt about the reasons behind this work's enduring popularity. While the winds at times covered over subtleties in passages featuring the middle range, the orchestra's support for one of their own came through in their heightened sensitivity to Romanenko's expressive phrasing.

Especially vigorous applause after the thrilling first movement demonstrated the audience's excitement for Romanenko's solo appearance. With a chance to retune before moving on, orchestra and soloist found a unified voice in the second movement's aria-like phrases. Romanenko's virtuosic fireworks in the final movement — especially impressive given the performer's injury in his thumb — warranted the theatric spin of the cello during the orchestra's final fanfare. Throughout the concerto, Romanenko's charismatic presence balanced with his intensity of focus, all supported by the amiable ensemble accompaniment of friends and colleagues in the Symphony. Needless to say, the audience eagerly returned to their seats, following the standing ovation, for the encore.

The evening's most difficult and sophisticated listening of the evening proved the most rewarding and needed in the Jacksonville Symphony's premiere performance of Vaughan Williams's

Fourth Symphony. The work's circumstances of composition — the political turmoil and violence of 1930s Europe — eerily paralleled the uncertainty in the context of the weekend's post-election performance. Vaughan Williams's Fourth Symphony marks a dramatic break from the "cowpat pastoralism" that critics unflatteringly referred to his music as, Lewis described.

Vaughan Williams, transformed into the urban modernist in this work, provoked a new ferocity and moroseness from the Jacksonville Symphony's strings. The score, full of music beyond description in either story or image, brought listeners into an encounter beyond that available anywhere else in Jacksonville. That we had the opportunity to experience this concert in Jacksonville testifies to the value of the Symphony's work and its rightful trust in music director Courtney Lewis. Under Lewis's leadership Friday evening, the Jacksonville Symphony's performance of this program brought the audience into experiences of spirituality, community and interiority in cinematic proportions.

Matt Bickett is a musician and scholar living in Jacksonville. He serves as director of music ministries at Riverside Presbyterian Church and artistic director of the Friends of Music at Riverside.

Sisters in Crime plan fun meeting

The Northeast Florida Chapter of Sisters in Crime are planning "Holiday Game Time" from 1:15 to 3 p.m. Dec. 14 to wrap up a year of learning from professionals about fighting fraud, surviving active shooters, finding missing persons and solving cold cases. This final gathering of the year will be at the Ponte Vedra Beach Library.

Attendees will play a cold case detective game, where they investigate the fictional death of a victim found floating face down in his backyard swimming pool. The sleuths will use their

analytic skills to review the case material and positively identify the suspect responsible for the victim's death. Prizes will be awarded.

Attendees are invited to bring their published books so that book promo videos can be created. Light refreshments will be available.

As usual, the group welcomes sisters and misters, so attendees should feel free to bring spouses, writing buddies, or friends, whether or not they want to be involved as a detective.

For further information, contact floridasisistersincrime@gmail.com

'Holiday Spectacular Revue' is Friday, Saturday

Ponte Vedra High School students are helping to get the community into the season's spirit with the "Holiday Spectacular Revue." The revue will be held at 7 p.m. Friday and Saturday, Dec. 6-7, at Ponte Vedra High School.

Under the leadership of Jason Nettle, director of theatre, musical theatre and technical theatre at Ponte Vedra High School, the performers have brought together a broad collection of local talent to present a series of classic holiday songs.

The performers include Ponte Vedra High School students, and members of the Ponte Vedra High Jazz band, The Understudies, Musical Theatre Ponte Vedra, Heather Loveland Dance Studio, Ponte Vedra Ballet and more.

"We are excited to share the broad array of our students' talent with the community," said Nettle. "The 'Holiday Spectacular Revue' will build your holiday spirit and will be a great event to share with family and friends."

Tickets are \$10 cash or card at the door. Learn more at www.PVHSDAB.com.

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Sports



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Photos by Anthony Richards



Senior Brian Case ran for more than 100 yards in eight games during the 2024 season.



Senior Nate Harry was the conductor of the Panthers' high-flying offense.

Looking back at a memorable football season

By Anthony Richards

The 2024 football season was a memorable one in so many ways for both the Nease Panthers and Ponte Vedra Sharks.

Both teams advanced in the playoffs and created so many moments that fans and players alike will be talking about for years to come.

The Panthers were a juggernaut on offense from the season's opening kickoff and averaged 37.7 points per game thanks to a balanced attack and a multitude of weapons that made defensive coordinators' heads spin on a weekly basis.

The receiving corps was five deep with four players totaling more than 300 yards on the season and three with more than five touchdowns.

Senior Maddox Spencer led the way with 60 catches for 976 yards and 12 touchdowns, which were all team-highs, while Brayden Felder was another reliable target in crucial situations and hauled in 450 yards and three touchdowns on 46 receptions.

Tyler Ghazanfari and Vernon Stephens both made the most of their targets with each catching 19 passes on the year for six touchdowns a piece.

Another player who showed a knack for finding the endzone was senior running back K.J. Perry who scored 17 touchdowns, 16 of those on ground, as he averaged an impressive 6.3 yards per carry en route to 872 rushing yards.

One of the bright spots of the season was senior quarterback Nate Harry, who showed tremendous growth from the experience he gained last season as a starter and came back a confident presence and just who the Panthers needed to operate their high-flying offense.

Harry was efficient, completing 61% of his passes for 2,224 yards and 26 touchdowns to go with only five interceptions, and showcased his dual-threat prowess with 393 yards and six scores on the ground as well.

Defensively, the Panthers had leaders all around and

they played with an attacking mindset and passion that reflected defensive coordinator Robert Garth.

Joe Miracle, Jacob Curry and Noah Hodge all finished with 100-plus tackles on the season, while Kyle Hurtado was not far behind with 95.

What is scary for opposing offenses is that Curry, Hodge and Hurtado are all juniors, so the defense looks to be in good hands again heading into the next season.

Curry and Miracle also led the team in sacks, with eight and seven, respectively, while Elisha Luckett intercepted five passes.

Senior Shemar McNair was only able to play in seven games before an injury, but he left his influence on the team as both a playmaking safety and a vocal leader among the group. And his late game interception in overtime against Gainesville Buchholz will go down in Nease football lore.

For the Sharks, they showed a focus and determination that is rare among high school teams, and it is what made the group a special one in the end.

They were one two-point conversion away from upsetting Niceville High and reaching the regional final, and in the process showed the entire state that they were a team that could beat anyone and that they were up to the challenge.

That tenacity was especially reflective on the defensive side of the ball where the Sharks were able to impose their will time and again and it started along the front seven.

Senior Ryker Kemp was nearly unlockable at times and as a result he finished with a team-high 15 sacks, while Reece Beck (eight), Martin Geary (seven) and J.P. Dolan (five) provided a pass rush that came from every angle.

Talan Babin will return for his senior season next year after he was a consistent presence at middle linebacker with 79 tackles, nine for a loss, while junior Cooper Sobieck led the way in the secondary with 20 passes defended.

On offense, senior Brian Case was a workhorse in the backfield and someone the Sharks leaned on throughout the season, and he proved up to task every time.

Case seemed to get stronger as the games wore on and the more carries he got and it reached the point where surpassing 100 rushing yards in a game was the expectation, as he reached the mark in eight of the 12 games he played en route to 1,563 yards and 20 touchdowns on the ground, not to mention that he also caught two and threw for one.

Just like Harry, Drew Price continued to develop throughout the year and embraced his role as a leader at quarterback, and his cohesion with his young group of receivers had a lot to do with it.

Juniors Davitt Doherty and Jack Berquist along with sophomore Cam Tietze combined to reel in 1,677 yards and 14 touchdowns through the air. The future for the passing attack looks bright with all three returning next season.

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THE RECORDER
SERVING PONTE VEDRA, ST. AUGUSTINE, THE BEACHES AND GREATER ST. JOHNS COUNTY

Sharks start strong in title defense

By Anthony Richards

Many local high school soccer programs are off to a fast start one month into the new season.

The Ponte Vedra girls soccer team is unbeaten through five games with a record of 4-0-1, including their share of victories over teams ranked in the top 100 in the state across all classes.

Those wins for the defending state champions include road victories over Stanton, 2-1, and Bishop Kenny, 6-1, as well as a 1-all tie on the road against Lake Mary.

Their most recent contest before the Thanksgiving break was a 4-0 shutout at home against St. Johns Country Day, as they are starting to really find their groove, having outscored opponents 10-1 in their last two games.

Junior Lily Morse has really turned it on as a scorer recently with three of her five goals on the season coming in the last two blowout contests, while fellow junior Izzy Whitaker is also averaging a goal per game.

Senior Jenny Dearie has only played in two games so far this season but has made her presence known

when she's on the field with a team-high three assists on the season.

The more games Dearie sees action the more the offense is likely to continue to grow as she is the one that the offense flows through as she cannot only score but she also creates opportunities for her teammates to take advantage of.

Sophomore Abby Kennedy has taken the majority of the reps in goal for the Sharks in the first five games and she has held her own in net, allowing less than a goal per game and has already has a shutout to her name.

Contributions from underclassmen does not stop there, as fellow sophomore Katie DeVincentis has three goals and three assists so far on the season.

The tough stretch of games continues for the Sharks as there next three games will include a trip to Tallahassee Chiles on Saturday, Dec. 7, before returning home for games against Orlando Bishop Moore at 6:30 p.m. on Monday, Dec. 9, and Bartram Trail at 7:20 p.m. on Friday, Dec. 13.



Contributed photo

Jenny Dearie is averaging 1.5 assists per game to start the season for the Sharks.

Panthers, Sharks play basketball during holiday break

By Anthony Richards

For the high school basketball teams locally, nothing goes better with turkey than some action on the hardwood during the Thanksgiving holiday, and that is how the boys' and girls' teams for both Ponte Vedra High and Nease High spent some of the festive week.

The Nease boys earned their first win of the young season and improved to 1-3 with a 51-42 road victory over Riverside High on Nov. 30.

It was the second straight game that the Panthers scored more than 50 points, which is something to build upon as they

prepare to face the rival Sharks at home on Friday, Dec. 6, at 7:30 p.m. It will be the first of two meetings between the two this season.

The Sharks continued their high-powered offensive ways with a convincing 74-54 road win over Daytona Beach Father Lopez on Nov. 26 to improve to 3-1.

Trace Westercamp and David Sanchez Barrera both had double-doubles in the game for the Sharks, as Westercamp had 22 points and 16 rebounds, both team-highs, while Sanchez Barrera tallied 21 points, 10 rebounds, six assists and five steals.

In the early season, the Sharks are averaging 69 points per game, while the Panthers are only allowing 47 points per game.

This will be an interesting battle to watch when the two teams face off against each other to see which trend continues and which team is able to better force their opponent to play their style of play.

On the girls' side of things, the Sharks and Panthers both took part in the Insider Exposure Thanksgiving Classic in Jacksonville during the week of Thanksgiving.

The Sharks suffered a pair of losses

to Pompano Beach Blanche Ely, 51-26, and Ocala West Port, 53-49, while the Panthers split their two matchups during the tournament by winning a 29-23 defensive battle against Glynn Academy of Brunswick, Georgia, and falling 45-25 to Camden County High of Kingsland, Georgia.

Arden Doherty and Jocelyn Hoffmann combined for all but 10 of the 49 points scored by the Sharks in the loss to Ocala West Port.

Sophomore guard Audrey Rollins led the way scoring for the Panthers with 23 points and five three-pointers made in the two games during the tournament.

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NOTICE TO CREDITORS
IN THE CIRCUIT COURT FOR ST. JOHNS COUNTY, FLORIDA PROBATE DIVISION
File No. CP24-0831
Division 59
IN RE: ESTATE OF LOUISE K. DE BARYSHE, a/k/a Louise C. De Baryshe, Deceased.

Legals

FICTITIOUS NAME
Notice Under Fictitious Name Law Pursuant to Section 865.09, Florida Statutes
NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of **Staged & Done**, located at St. Johns, FL, in the County of St. Johns, in the City of St. Johns, Florida, intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida. Dated at St. Johns, Florida, this 2nd day of December 2024.
Jennefer Flood- Organized & Done, LLC
Legal 108727 Published 12/5/2024 in St. Johns County Ponte Vedra Recorder newspaper

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The administration of the estate of LOUISE K. DE BARYSHE, aka Louise C. De Baryshe, deceased, whose date of death was September 16, 2024, is pending in the Circuit Court for St. Johns County, Florida, Probate Division, the address of which is 4010 Lewis Speedway, St. Augustine, FL 32084. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court ON OR BEFORE THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

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NOTICE IN THE CIRCUIT COURT OF THE 17TH JUDICIAL CIRCUIT IN AND FOR FLORIDA PROBATE DIVISION

The collage features several articles from 'The Recorder' dated Thursday, February 8, 2024. The main article is 'Post 129 sent pair to nationals as part of memorable year' by Anthony Richards, which includes a photo of a man speaking at a podium. Other smaller articles include 'Major sculpture created in Mandarin' by Shaun Ryan, 'Family Chiropractic Care for Nearly 20 Years' for Wellness Center, and '2024 Lotus Eltre NOW ORDERING' for EMIRA.

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- Data transmission speed measure
- Embarrass
- When you hope to get there
- This (Spanish)
- Gives up
- Churchgoer
- Current
- Slang for gun
- Small drum
- Vanished union bigwig
- Rocker's tool of the trade
- Dearth
- 2024 Olympics host
- Excess blood in the vessels
- Afrikaans
- Agreement between provider and customer
- Spiritual leader of a Jewish congregation
- Ancient Syrian city
- Witch
- Celebrations
- Long period of time
- A team's best pitcher
- Current unit
- One-time aerospace company
- French/Belgian river
- Swedish rock group

DOWN

- Behave in a way that belittles
- Shares a boundary with
- Give advice
- Promotional materials
- Assist or encourage, usually in some wrongdoing
- "Agatha All Along" actress Kathryn
- Small piece
- King of Camelot
- Parts per thousand (abbr.)
- Small Milky Way constellation
- One who challenges authority (abbr.)
- Equal (prefix)
- Shawl
- S. American wood sorrel relative
- The end
- Supervises interstate commerce
- Yes vote
- Officer of high rank
- Church office
- Tire pressure measurement
- From a distance
- Photographs
- Industrial process
- Nobel Prize-winning physicist
- Map out
- Mammary gland part of female mammal
- Honorable title (Turkish)
- Sponglike cake leavened with yeast
- Speak incessantly
- Poetry term
- Relaxing space

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

Level: Beginner

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!

DOWN

- Yearly tonnage (abbr.)
- Genus of clams
- Remark
- Actor LaBeouf
- Ohio town
- Olympic sport
- Cure



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