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Thursday, January 9, 2025

PonteVedraRecorder.com

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## First responders prepare for charity boxing event

By Anthony Richards

The St. Johns County Sheriff's Office and St. Johns County Fire Rescue do their part daily to keep residents safe, but now they are also preparing to give back to the community in another way with a charity boxing event.

St. Johns County Fight Night is scheduled for Thursday, Feb. 13, and will feature deputies and firefighters as they leave it all in the ring with several boxing matches to benefit Diamond of Dreams and the St. Johns County Police Athletic League.

Diamond of Dreams is a new build project providing a ball field and a playground for children with special needs, while St. Johns PAL is an organization that provides youth an opportunity to play a variety of sports in the county.

The event will start with the first match's bell ringing at 6 p.m. with doors opening at 5 p.m. The night will kick off with teenagers in the ring that are a part of the St. Johns PAL boxing program.

According to organizers, the children participating are tough and have dedicated their time to the team and deserve to be awarded a legit fight in front of a

CHARITY continues on Page 10



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## Sharks kick off New Year with neutral-site contests

By Anthony Richards

The Ponte Vedra High boys basketball squad opened the New Year with a bang by playing in a couple of showcase matchups.

The Sharks defeated Spruce Creek High out of Port Orange in the Matanzas Kiwanis Shootout at Matanzas High on Jan. 3.

It was a convincing win for the Sharks who grabbed control early outscoring the Hawks 21-7 in the first quarter and 39-15 at the half-time break en route to an 80-57 victory.

The 80-point effort was the most points the Sharks had scored in a game this season and it was fueled by four players who accounted for all but six of the 80 points.

Senior point guard Alex Katsikas led the way with 21 points, including being automatic from beyond the arc by draining seven



Photo by Anthony Richards

Junior Maddox Palmer scored double figures for the Sharks in both showcase matchups to open the New Year.

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## THE RECORDER

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Plus, find the Recorder on Facebook at [www.facebook.com/ThePVRecorder](http://www.facebook.com/ThePVRecorder)

## BRIEFS

### St. Johns County Sheriff's Office: 2024 by the numbers

The St. Johns County Sheriff's Office reports that it responded at 292,986 calls for service, 100,178 calls to 911, in 2024.

The Sheriff's Office responded to 5,444 traffic crashes, 1,654 violent crimes, 578 mental health calls, 571 drug-related crimes, 75 swimmers or boaters in distress and one homicide or attempted homicide, according to an end-of-the-year post on the Sheriff's Office Facebook page.

Of the traffic crashes, the Sheriff's Office and partner law enforcement agencies responded to more than 200 involving impaired driving, with 14 of them involving serious injuries and eight resulting in death. More than 1,000 DUI arrests were made.

### Firefighters rescue dog from New Year's house fire

2025 got off to a busy start Wednesday, Jan. 1, for St. Johns County Fire Rescue. Crews responded to four working fires New Year's Day. Included in those was a house fire in the 1800 block of Cross Pointe Way, off Leo Maguire Parkway.

Firefighters were initially called to a working garage fire. The fire was extinguished by 9:10 a.m.

Firefighters found a dog inside the home and initiated care for the pet. The St. Johns County Sheriff's Office transported the dog to an emergency veterinary hospital.

The cause of the fire is under investigation.

### St. Johns County plans legislative delegation public hearing

St. Johns County will host its annual state legislative delegation public hearing 9 a.m. to noon Friday, Jan. 10, in the St. Johns County Auditorium, 500 San Sebastian View, St. Augustine.

The state legislative delegation includes Rep. Kim Kendall (delegation chair), Sen. Tom Leek (delegation vice chair), Rep. Sam Greco and Rep. Judson Sapp. This annual

hearing provides an opportunity for residents and officials to request legislation or state funding and to share their opinions on matters of state concern ahead of the 2025 Regular Legislative Session. The meeting is open to the public.

Individuals who wish to address the delegation but are not on the printed agenda may submit a request to Tatum Wang (Tatum.Wang@myfloridahouse.gov) by 10 a.m. on the day of the hearing.

For additional information, contact the Delegation Chair's office at Tatum.Wang@myfloridahouse.gov or 904-607-4237.

### Workshop helps to match job seekers, careers

The Savvy Job Hunters Ministry of Christ Episcopal Church will host a free virtual workshop, "Do What You Are: Connecting Personality Types to Careers Using MBTI" from 10:30 a.m. to noon Jan. 24.

The Myers-Briggs Type Indicator (MBTI) helps job seekers recognize their strengths and identify careers that are good matches for their personality types. The workshop will be presented by Margaret MacNaughton, MBTI qualified practitioner.

Email Pam Ottesen at [pottesen66@gmail.com](mailto:pottesen66@gmail.com) to receive the Zoom link. All are welcome to attend.

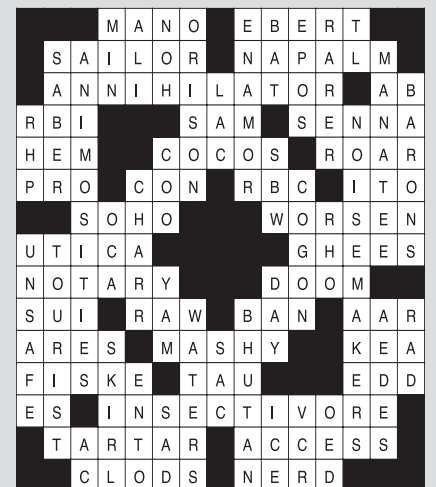
### Grief support group to meet

A grief support group meets on the third Wednesday of every month at St. Paul's Catholic Church in Room 107 of the Family Life Center, 578 First Ave. N., Jacksonville Beach. The group is for men and women grieving the death of a family member or friend. The next meeting will be at 7 p.m. Wednesday, Jan. 15. For information call Kathy at 904-553-8933.

### 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.

## PUZZLE SOLUTIONS



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

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— Compiled by Shaun Ryan

# Patty returns to office after U.S. Navy deployment

St. Johns County Clerk of the Circuit Court and County Comptroller Brandon J. Patty ended his leave of absence and resumed his duties Monday, Dec. 30, following his demobilization from the U.S. Navy this weekend.

“I’m thrilled to be back home and excited to serve our residents again,” said Patty. “The office over the past seven months did an outstanding job meeting our mission and keeping operations running smoothly — they’ve truly been exceptional. While I am excited to rejoin our team, I am also keeping those brave men and women serving here and abroad in mind. They are true heroes who are under threat one way or

another. God bless them and their willingness to stand in harm’s way for us.”

In December 2023, Patty received official notification of his selection for involuntary mobilization in support of Operation Inherent Resolve. In accordance with Florida Statutes (Chapter 115.02), he submitted a leave of absence request to Gov. Ron DeSantis for approval, which was granted. His deployment concluded on Sunday, Dec. 29.

On Tuesday, Jan. 7, Patty took the oath of office to begin his next four-year term as St. Johns County’s Clerk of the Circuit Court and Comptroller.

# ‘Nothing concerning’ found following Creekside High bomb threat

The St. Johns County Sheriff’s Office received information on the morning of Monday, Jan. 6, from a subject who was on a “dark web” site and observed a photo of a backpack and language about a “few bombs” being placed around Creekside High School.

Analysts at the office’s Real Time Intelligence Center discovered the

photograph was associated with a bomb threat investigation from 2011 in Spokane, Washington.

However, out of caution, students and staff were evacuated to a safe location while explosive detection K9 Tonic and his handler, deputy Stepha-

CREEKSIDE continues on Page 10

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# How a service dog helped a veteran change her life

By Shaun Ryan

As most people know, K9s For Warriors is a highly regarded provider of service dogs for veterans suffering with post-traumatic stress, traumatic brain injury and/or military sexual trauma. It's a favorite charity throughout Northeast Florida — and beyond.

But to gain a real understanding of its transformative impact, it's best to hear directly from one of the program's graduates.

Rebecca Stephens joined the U.S. Army in 2007 at age 22. She worked as a signal support specialist, assembling, maintaining and disassembling communications equipment. Then, in 2009, she was deployed to Iraq, where every decision a person made could mean the difference between life and death. She called the conditions "jarring."

"We would have rocket attacks often," Stephens said. "I remember one day the rockets hit our dining facility. ... you never really get complacent."

She returned from Iraq after 12 months and found herself a civilian again in February 2011. She counts herself lucky that neither she nor any of her company were killed or lost limbs, but that doesn't mean she came home unscathed. Exposure to constant danger left her sensitive to loud



Photo courtesy of K9s For Warriors

Rebecca Stephens with her service dog, Bobbi

noises and distrustful of others.

She suffered from nightmares, was wary of being in crowds and didn't know how to go about daily life — even going to the grocery store could be overwhelming.

"When you are in the military, everything's basically figured out for you," she explained.

She also missed the bond she'd shared with others who understood what she

faced.

"I had a really hard time finding my identity," she said. "I didn't really know who I was."

She turned to self-medication to cope. It started with painkillers, but within a year, she was a heroin addict. She struggled for seven years through countless attempts at detox and rehab programs.

Nothing took.

She lost everything of importance in

her life and moved back in with her parents. But then, a therapist suggested she seek out a career working with animals. In the process of finding such a career, she discovered K9s For Warriors.

She applied to the program, was approved and, in 2018, she spent three weeks on the campus and was paired with her service dog Bobbi, a yellow Labrador retriever.

"I haven't looked back since," Stephens said.

Caring for Bobbi helped Stephens structure her life.

"She helped me with establishing routine and responsibility, from something as small as being accountable to wake up every day and feed her and wash her," Stephens said. "That helps me get myself out there to feed myself and to take care of myself ... Bobbi helps me change the way that I feel about myself, and she helps me change the way that I view the world."

In fact, this relationship has ended her addiction. Today, she is six years clean.

As a program graduate, she is also a K9s For Warriors ambassador, traveling to events and speaking on behalf of the program that changed her life.

After one of her presentations, Sheriff

**SERVICE DOG** continues on **Page 7**



*From Ocean to Green and Everything in Between*








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# Motorists asked to watch for sandhill cranes

In Nocatee, a group of four sandhill cranes has been routinely frequenting the area around Valley Ridge and Nocatee Parkway East, particularly in the grassy medians near the on/off ramps and the center fields in the early mornings at rush hour and early evenings just before sunset.

They also routinely frequent both off-ramps of Nocatee Parkway East to Town Center, and their usual spots where Threatened Species signage is posted, foraging and performing their elaborate dance displays as they enter mating and baby season.

Advocates are asking motorists to drive mindfully and obey posted speed limits and sandhill crane area signage to ensure the safety of these state-designated threatened birds.

Here are some important points:

- If a crane crosses the street, slow down and be patient. Do not beep the horn, as it will startle them and cause them to stop in the middle of crossing. Let them cross the street at their own pace. Remember, this is their habitat, which has been fragmented by roads and development (habitat frag-



Contributed photo

**Four sandhill cranes stand in shadow in Nocatee where they can be difficult to see.**

mentation).

- Cranes are walking birds. They typically cover miles each day within their proper habitat and rarely fly across streets or neighborhoods due to the energy it requires.

- Sandhill cranes with young colts cannot fly until the babies are about 2.5 months old (approximately 72 days after hatching).

Most common threats to sandhill cranes:

- Development/habitat loss and fragmen-

tation

- Collisions with cars, powerlines and fences
- Unleashed pets
- Harrassment (chasing, following)
- Entanglement
- Golf ball strikes

There are only 4,000 to 5,000 Florida sandhill cranes left in existence. This dwindling number has caused the state to designate them as threatened, and thus, they are protected by Florida's Endangered and Threatened Species Act and the U.S. Migratory Bird Treaty Act.

In November and December, 25,000 greater sandhill cranes migrate to Florida to spend the winter with their year-round Florida crane relatives. This may give the illusion that the population in Florida is thriving.

If you see a Sandhill Crane that has been hit or killed by a collision with a car, report it to the FWC Wildlife Alert Hotline at 1-888-404-FWCC (3922) or online at:

Online Reporting: <https://myfwc.com/get-involved/volunteer/citizen-science/sightings/sandhill-crane>.

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*Founder and Executive Director Steffani Fletcher combined her teaching experience and poetry therapy expertise to create Hope at Hand, a nonprofit organization that uses poetry to inspire confidence and change in at-risk youth through year-round programs and the Jax Poetry Fest.*

## Steffani Fletcher

### As told to Holly Tishfield

#### Tell me about yourself and your background.

I'm a Jacksonville native, graduated high school from Fletcher. I went to Florida State University, then back to the University of North Florida for my master's degree. I never moved very far away because I like being here and doing good things in my hometown. Career-wise, I started as an elementary teacher and spent my first couple of years teaching in Polk County, but I really just wanted to come home. I'm a Beaches girl, and I missed the beach. I've worked in a handful of elementary schools here in town and in 2009 I launched my organization.

#### How did your career shift come about?

I'm nationally certified in Montessori education, and I'm also nationally certified by the National Association of Poetry Therapy. So, in 2009, I mashed up my favorite parts of Montessori and my favorite parts of poetry therapy and started as a volunteer working with at-risk teens. The more I did that kind of work, the less I wanted to work in an elementary school. It just grew from there. I left after about 23 years with Duval County Public Schools, and I've been doing this ever since.

#### Tell me about your nonprofit organization, Hope at Hand.

Hope at Hand provides poetry therapy for at-risk youth. We actually do two things: we provide poetry therapy for at-risk youth and then connect with a global audience through Jax Poetry Fest. Most of the time, we work with our groups of kids. We go into jails and drug and alcohol rehab facilities. We work with kids in tough places, but then we also do Jax Poetry Fest. The heart of what we do is working with kids in tough places.

#### What is Jax Poetry Fest?

It's an annual event presented by Hope at Hand where spoken word performances, poetry slams, youth poetry contests and a variety of other workshops are offered at no cost to the public. We do it in April because April is National Poetry Month.

#### What is the process like for a child in the Hope at Hand program?

The kids do three things in our classes: they read poetry, they write poetry and they use an element of art. In the end, the art aspect combines their writing with an element of art. For example, we do watercolors and haikus together. At the end of the class, they rewrite their favorite haiku on top of their watercolor, so they have a final product that combines art and poetry. They complete the product and there's a lot of confidence in doing that. All of our lessons tie into confidence, self-esteem, choice and change.



Contributed photo

#### Why is the work that Hope at Hand does so important to the community?

When bad things happen to kids, it can impact their whole life. What research shows us, though, is that positive interactions with a caring adult can counteract those childhood traumas, which is exciting to think that you can do something to help them set themselves up for a better future. We think about what we can do now that might change their future, and it seems very simple, but everything we're doing is about confidence, self-esteem, choice and change. We're trying to change lives through poetry, but it's really not about the poetry, it's about sitting side by side,

shoulder to shoulder, with a lot of kids who don't trust adults. We're not there to grade them or judge them, it's about creating bonds with a trusted adult.

#### What's your favorite part about what you do?

It's really sweet when you're in there, in the moment. We don't think of them as "bad kids," they're just outside that line and we're trying to get them back, to give them a little bit of hope and a shift in perspective. Working with these kids is so much fun. We have a lot of retired teachers working with us, a couple of licensed mental health counselors and several social workers. We have an amazing staff.

# Service Dog

Continued from 4

Robert Hardwick approached and invited her to see what the Sheriff's Office has been doing to help inmates at the county jail. Hardwick was supportive of Stephens and her journey and would check up on her from time to time. Then, two years ago, Stephens began to volunteer at the jail. Before long she was offered a job working as a re-entry specialist helping inmates get the resources they need to make the transition back into normal life.

Bobbi also helped Stephens repair her strained relationship with her parents. For the past six years, she has been taking Bobbi on a morning walk at a local park, and her parents joining her on these outings has helped in that reparation.

"I'm just so happy that I have such a great relationship with my parents now," Stephens said. "And, honestly, it's all because of (Bobbi)."

To learn more about K9s For Warriors and the transformative work it does, go to [k9sforwarriors.org](http://k9sforwarriors.org).

### Thinking of Advertising in the Recorder?

For more information call (904) 285-8831 to speak with a Sales Rep. today!

# The link posts its January schedule of activities

Here's a look at some of the activities and events planned for January (and beyond) at the link in Nocatee. For further information, go to [app.thelink.zone](http://app.thelink.zone) or call 904-299-3671 ext. 3.



### Unlock Creativity and STEM Learning with LEGO!

Homeschool STEM Curriculum

1 to 2:30 p.m. Jan. 10 to Feb. 28 (weekly sessions)

Dive into the exciting world of LEGO robotics and engineering, specially designed for homeschoolers. This hands-on weekly class combines creativity with STEM learning for an engaging and educational experience.

### Kids Night Out (Twice a Month)

5:30 to 9:30 p.m. Jan. 11 and 25

Let the kids have a blast while you enjoy a night off! Our PJ Pizza Party features movies on the big screen, games, STEM projects, arts and crafts,

and DJ Raphi's famous dance party.

### LUDC Jazz 1 Classes

4 to 4:45 p.m. Mondays (weekly)

Learn the fundamentals of jazz dance, including proper technique for turns, leaps and kicks. Build confidence and master fun jazz combinations throughout the year!

### Foil Sport Fencing Classes

4:30 to 6 p.m. Fridays (weekly)

Step into the world of Olympic-style fencing! Designed for beginners and intermediates, this thrilling class covers the basics of swordplay and helps par-

ticipants develop focus, agility and confidence.

### Cheerleading Prep Classes

8-10 a.m. Saturday (two classes weekly)

Perfect for middle and high school cheer tryouts! Develop the skills and techniques to stand out from the competition and nail your auditions.

### Chess Club

6-7 p.m. Thursdays (weekly)

A great space for kids and teens to learn, practice and play chess while building strategy and problem-solving skills.

### Spring Break Camps

March 17-21

Camps are available to register now at the link!

- Culinary & Art: Half-day and full-day options
- LEGO Robotics/Drones/Sphera: Full-day options



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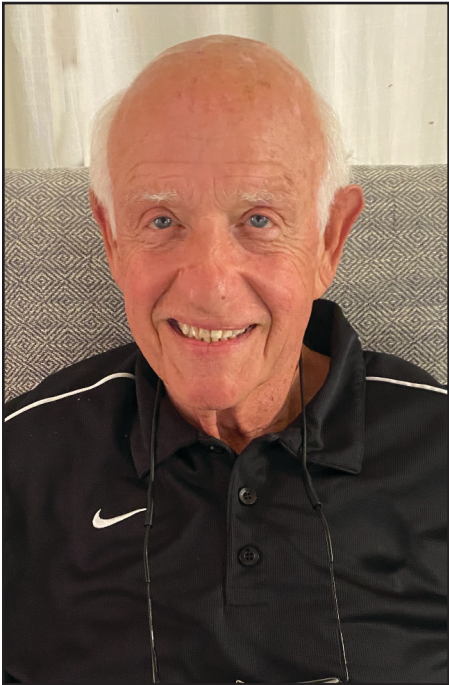
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## OBITUARIES



## Larry Mark Wright

Larry Mark Wright, 82, of Ponte Vedra Beach, FL passed away peacefully on December 27, 2024, surrounded by his wife and children.

Born on March 3, 1942, in Greenville, SC, Larry grew up in the Brunswick and St. Simons area of Georgia. His early childhood was challenging, as his parents divorced when he was young. Larry and his siblings spent a year at Connie Max-

well Orphanage in SC before he and his brother returned to live with their single mother in Brunswick, who struggled to make ends meet. They assumed residence in the housing projects where Larry learned to fend for himself, hustling to provide food for him and his brother. Despite these hardships, Larry persevered and always remembered the teachers, coaches, and parents of his best friends who saw potential in him and mentored him through these challenging times.

A natural athlete, Larry played football and baseball at Glynn Academy High School in Brunswick and developed a lifelong passion for fitness. He was a life-guard on the beaches of St. Simons in the summers of high school and told endless stories about those glory days running the streets with Don Croft, Cormac McGarvey, Ronnie Cohen, the Stubbs brothers, and others. After an unsuccessful year at the University of Georgia, Larry decided the best place for him was the military where he proudly served his country in the U.S. Army as a member of the 82nd Airborne Division from 1963 to 1965. He always credited the army for turning his life around and giving him focus for the future. After the military, Larry married and had a young family to support. He enrolled at Valdosta State University where he went on to obtain a master's in business education. An avid runner, Larry

completed thirteen marathons, including the New York Marathon three times, the Chicago Marathon, among others. His dedication to fitness remained steadfast throughout his life, continuing his workouts six days a week into his 80's.

Larry began his career in education as an Assistant Principal for the Nassau County School System from 1973 to 1978 before transitioning into a successful real estate career. He started with Amelia Island Realty and soon landed at Amelia Island Plantation selling homesites, condominiums and villas for the bulk of his career from the late 70's to early 90's. In 1992, remarried and with two young boys, Larry and Edye moved to Ponte Vedra Beach, where he joined Ponte Vedra Beach Realty and later, Lowe Destination Development, and KB Homes. He converted to Catholicism under the guidance of Rev. Msgr. Danaher of Our Lady Star of the Sea and was a man of deep faith. Larry retired from real estate and was a stay-at-home dad for many years. He later found his dream job as a locker room attendant at Sawgrass Country Club, where he delighted members with his engaging personality, warm smile, and endless stories for over a dozen years. He would remain at SGCC until early 2024 when his deteriorating health from a cancer diagnosis in the summer of 2022 forced his hand to retire

for the last time.

A passionate sports enthusiast, Larry was a lifelong Georgia Bulldogs fan who relished their recent national championships. His love of sports extended beyond his Dawgs to watching most any SEC team, UCF, and the Jacksonville Jaguars. He also found joy in attending anything his sons were doing growing up be it karate, acting, soccer, football, or golf tournaments. He loved carrying the chains at the Allen D. Nease football games on Friday nights and was a member of the field painting crew.

Larry is survived by his loving wife, Edye Wright of 36 years; his children, Myles Wright (Hanna Evans), Atticus Wright, and Elliott Wright; his daughters from a previous marriage, Rebecca Rushton of Charleston, SC, and Elizabeth (Libby) Cook of Savannah, GA; his granddaughter, Amelia Rose Wright; and his sister, Sylvia Wagstaff of Land O'Lakes, FL. He was preceded in death by his parents, Jane and Myles, his brother, Jimmy Wright, and brother-in-law, Philip Wagstaff.

A Visitation will be held from 4:00 p.m. to 6:00 p.m., Monday, January 13, 2025, in the Chapel of Quinn Shalz Funeral Home with a Rosary starting at 6:00 p.m. A Mass of Christian Burial will be celebrated at 11:00 a.m., Tuesday, January 14, 2025, in Our Lady Star of the Sea Catholic Church with Reverend William Kelly as Celebrant. Interment will be in Jacksonville National Cemetery at 2:00 p.m.

In honor of Larry, the family requests that everyone wear a touch of red.

In lieu of flowers, the family kindly requests that donations be made to the Tom Coughlin Jay Fund at [www.tcjayfund.org/give](http://www.tcjayfund.org/give).

Larry's remarkable journey from humble beginnings to a life filled with love, success, and joy is a testament to his resilience and determination. His dedication to family, fitness, and his community, along with his infectious enthusiasm for life, will be deeply missed. His legacy lives in the countless lives he touched and inspired and, in his children, who he adored. Please visit his online Tribute at [www.quinn-shalz.com](http://www.quinn-shalz.com).

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**OBITUARIES**



**Theresa Marie Means**

Theresa Marie Means, a loving wife, devoted mother, and cherished grandmother, passed away peacefully on January 1, 2025, at the age of 94. Born on May 17, 1930, in Philadelphia,

Pennsylvania, Theresa lived a life full of grace, love, and service to her family and community.

Theresa was predeceased by her beloved husband of 69 years, Stewart Means. Together, they built a life full of adventure and love, living in several cities over the years, including Philadelphia, Bethlehem, PA, Syracuse, NY, Roanoke, VA, and ultimately retiring in Ponte Vedra Beach, FL in 1985. Their love story spanned decades and was a testament to the strength of their bond.

As a mother, Theresa was a constant source of support and encouragement to her three children — Linda Lattif, Glenn (Laura) Means and Anne (Marc) Carlson. She was especially proud of her seven grandchildren and seven great-grandchildren, all of whom were fortunate to experience her warmth, wisdom, and unwavering love.

Theresa's passion for community and service was evident in her involvement in garden clubs, the Junior League, and various women's organizations wherever they lived. She enjoyed making lasting connections and contributing to the

well-being of the communities around her. Her graceful presence and thoughtful contributions will be remembered by all who knew her.

She is also survived by her dear brother, James (Joy) Brumfield, and numerous extended family members and friends who will miss her dearly.

Theresa's legacy of faith, family and love of country will live on in the hearts of her family and all those whose lives she touched. A private family service will be held to celebrate her life and the many beautiful memories she leaves behind.

In lieu of flowers, the family requests donations be made to Community Hospice of NE Florida (<https://thefoundationcares.org/give>) in her honor. Please visit her Tribute online at [www.quinnshalz.com](http://www.quinnshalz.com).

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**Joseph to share priorities at meeting**

The Palm Valley Community Association will host a special meeting with St. Johns County Commission Chair Krista Joseph on Monday, Jan. 13.

As a result of the November elections, District 4 Commissioner Joseph chairs a board that includes two newly elected members: Clay Murphy, representing District 3, and Ann Taylor, representing District 5.

Joseph will share her priorities for 2025 and address the critical quality-of-life issues impacting the Ponte Vedra Beach-Palm Valley community, including rezoning requests, traffic and roadway conditions and residential and commercial development. There will be time for questions.

The Palm Valley Community Association invites all residents to attend this special event to learn about the commissioner's priorities and share their thoughts and concerns.

The meeting will be held from 6:30 to 8 p.m. at the Palm Valley Community Center, 148 Canal Blvd.

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-Janet Westling



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# Charity

Continued from 1

real audience.

The main events will consist of members of St. Johns County Sheriff's Office, St. Johns County Fire Rescue and St. Augustine Fire Department, as they battle for the belt and annual title while raising money for a larger cause.

The fighters have shown commitment and devotion to the event by training during their off time while still serving the community in a variety of ways.

The fights will each be three-minute rounds with a one-minute interval.

The St. Johns County Sheriff's Office held its first boxing event last year on a smaller scale and it was a huge success, and they expect an even bigger showcase with it being held at The St. Augustine Amphitheater.

The boxing ring will be placed in the

pit area, so every seat will be close to the action. There will also be special guest judges, food and drinks, and event merchandise for all those in attendance to purchase.

"I've fought in amateur boxing matches," Fight Night promoter and SJSO deputy Krissie Padgett said. "It takes a lot of courage to get in that ring, especially in front of a large crowd. I'm so excited for this group of fighters to experience the exhilarating feeling of entering The Amp with their walk-out song blaring and hearing the fans cheer, there's nothing like it. Whether you win or lose, it feels amazing to represent your agency in such a positive light to ultimately help the children of our community."

Anyone interested in purchased tickets to the boxing event can go to [www.theamp.com](http://www.theamp.com) and search the events tab. Those looking to sponsor the event can contact Padgett via email at [kpadgett@sjsso.org](mailto:kpadgett@sjsso.org) or by calling 904-907-2892.



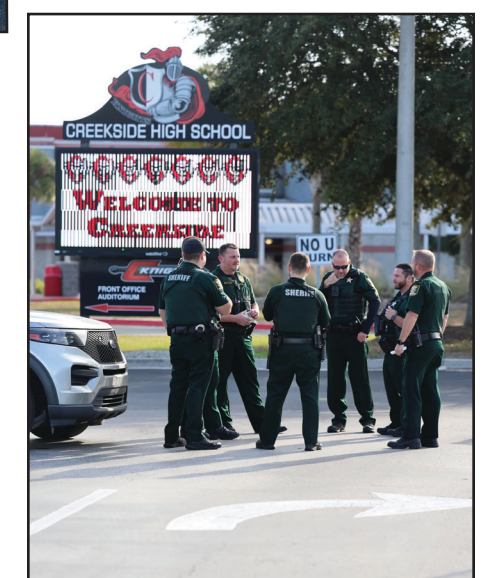
Photos courtesy of St. Johns County Sheriff's Office  
The St. Johns County Sheriff's Office received information about a potential bomb threat at Creekside High the morning of Monday, Jan. 6.

## Creekside

Continued from 3

nie Stuart, conducted a search of the school with assistance from additional deputies.

According to the St. Johns County Sheriff's Office, nothing concerning was discovered during the search and students and staff were given the clear to return to campus and resume their usual activities at 10:30 a.m.



Students and staff were safely evacuated and nothing concerning was discovered following a search of the school.

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**TPC Guide Issue Date: March 6<sup>th</sup>**

**Deadline for Space Reservation: February 21<sup>st</sup>**

To reserve your space, or request further information, email Susan at [susan@pontevedrarecorder.com](mailto:susan@pontevedrarecorder.com)

## THE RECORDER

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turn to the experts

# Kate Amato Foundation awards \$200K for pediatric cancer research

Kate Amato Foundation (KAF) has announced they are awarding \$200,000 to fund groundbreaking pediatric cancer research to develop next-generation immunotherapies for children.

Kate Amato, a Jacksonville Beach child who passed away in November 2016 after a long and difficult battle with cancer, is the inspiration for the foundation. Kate's bright smile, strength and grace captured the hearts of thousands of residents in the community and around the world. Through her illness, Kate's parents discovered how severely underfunded research is for pediatric cancer and witnessed first-hand the brutal effects of outdated, toxic treatments.

To honor Kate's life and continue the fight for other children, the Kate Amato Foundation is dedicated to finding safer, smarter and more effective treatments for children with cancer. Each year, the awards are given on Dec. 10, Kate's birthday. To date KAF has awarded \$575,000 in grants to support revolutionary research projects to save young lives.

Dr. Duane Mitchell, director of the

University of Florida Brain Tumor Immunotherapy Program and one of the pediatric oncologists serving on the KAF Scientific Advisory Board explains, "Kate Amato Foundation is dedicated to supporting research to advance the next generation of pediatric cancer treatments that are more effective and less toxic than current approaches. This year's KAF Grants are innovative proposals designed to accelerate the development of safe and effective therapies for childhood cancers."

The 2024 Kate Amato Foundation Grant recipients are:

- Azlann Arnett at Texas Children's Cancer Research Hospital and Baylor College of Medicine whose project is titled, "Transcriptomic and epigenetic reprogramming of CAR-T cells using the MOTOR platform: an unbiased forward genomics approach" and will investigate the factors that enhance the function of T cells to improve the anti-tumor effects of CAR-T cell therapy for a variety of pediatric cancers including embryonal cancers, malignant rhabdoid tumors, and alveolar rhabdomyosarcomas (Kate's cancer).

- Guillem Pascual-Pasto, PhD at Children's Hospital of Philadelphia whose project is titled, "Development of MIF-blocking GPC2 CAR-T cells for retinoblastoma" and will investigate resistance mechanisms to enhance T-cell therapies for retinoblastoma and design next-generation therapies that are less toxic and more effective.

- Dong Wang, PhD at The University of Colorado whose project is titled, "Targeting Mediator Kinase in Group 3 Medulloblastoma" and will investigate a novel, targeted immunotherapy inhibitor which could be a promising new therapeutic approach for medulloblastoma.

- Amanda Lulu, PhD at The University of Virginia Children's Hospital whose project is titled, "Elucidating distinct mechanisms of acquired resistance to HER2- and  $\alpha\beta3$ - CAR-T cell therapies in pediatric rhabdomyosarcoma" and will investigate the underlying mechanisms of CAR-T dysfunction and tumor resistance to strategically design more effective CAR-Ts for pediatric solid tumors.

Dr. Timothy Cripe of Nationwide Children's Hospital, another KAF Scientific Advisor, explains: "These studies represent the cutting edge of pediatric cancer research. They will not only give us new insights into pediatric cancers, but they are likely to lead to new therapies and better outcomes for patients. Moreover, they will boost the careers of junior scientists who have long careers of new discoveries ahead of them, which will surely benefit patients in the future. Kate would be thrilled and amazed by the impact of her foundation."

Lisa and Jeff Amato, Kate's parents and founders of KAF, expressed sincere gratitude to the Jacksonville community and corporate partners Trailer Bridge, Northwestern Mutual and Experian Health, stating, "The incredible support we have received this year has doubled our grant funding, expanded our impact and strengthened Kate's legacy of funding research to help future children."

For more information, or to support pediatric cancer research, go to [KateAmatoFoundation.org](http://KateAmatoFoundation.org).

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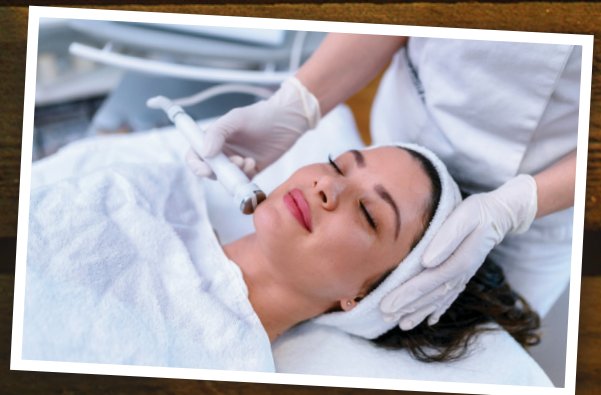
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THE RECORDER

# LOOKING & FEELING GOOD

FEATURING

## MEET YOUR EYE DOC



THURSDAY, JANUARY 9, 2024 • PAGE 13

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

### GUEST COLUMN

# 5 Keys to Looking Good and Feeling Good

**By John DiPatre**  
The New Meridian Fitness owner

Have you ever met a personal trainer that does not like to work out? As a former college and professional football player, I worked out because I had to. But, ultimately, after each workout, I'm glad I did it! The key is trying to be consistent and make it a way of life for life!

Here are five tips that I've used to help me make it fun and feel good.

#### 1. Exercise in an Environment That Feels Right for You

To maintain consistency, it's essential to exercise in a setting where you feel comfortable and can enjoy yourself. Whether it's a gym, your home or the great outdoors, pick a space that motivates you to stick with your routine.

Consistency is the key to reaching your fitness goals.

#### 2. Start Slow and Build Gradually

Whether you're walking, running or weight training, starting slow is crucial for avoiding burnout or injury. If walking on a treadmill feels monotonous, take a stroll around your neighborhood. If the gym feels intimidating, begin with bodyweight exercises at home. As your

confidence grows, you can gradually add weights or explore new fitness activities.

#### 3. Find an Accountability Partner

Working out with a friend or coworker can make your fitness journey more enjoyable and competitive. Having someone to share the experience with adds an element of fun and keeps you motivated.

LOOKING GOOD continues on Page 18

Photos contributed by Shannon Engel



A cold plunge lounge



HydroLight Lounge offers water and light therapy services



One of the red light therapy lounges

## HydroLight Lounge redefines wellness with water and light therapy

By Holly Tishfield

Step into the future of wellness experiences at HydroLight Lounge, a spa where holistic health meets a happy hour atmosphere through a selection of unique water and light therapy services.

Shannon Engel opened the lounge in Nocatee in October of 2024 with the intention of helping the community find a

place where they could come for relaxation and release. A place where they could enter with their woes and leave feeling refreshed.

She utilized her background in advertising and her 10-plus years in the alcohol/music space to create an entirely unique water and light therapy experience.

“When I decided to take on this

venture, I knew I wanted to get into the wellness space and take some of my background to create a place that was different from what you’d typically expect at a wellness center,” Engel said. “I didn’t want to be just a spa or a medspa — I wanted to create a different kind of experience entirely.”

HydroLight Lounge infuses wellness with a sleek bar/lounge ambiance. Clients

can find everything from a delicious mocktail menu to cheerful music played in the rooms, to mirrors decorated with trendy song lyrics. The rooms (AKA lounges) are private, and clients can decide whether they want to watch Netflix, play music, listen to a guided meditation or scroll on their phone. The whole pro-

**HYDROLIGHT** continues on **Page 18**



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# 'She saved my life'

Jacksonville resident Dawn R. had been experiencing the painful side effects of Peripheral Neuropathy for years. "My feet and legs were extremely painful and my doctor told me there was nothing they could do. He said I would have to take Gabapentin for the rest of my life."

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way I would describe it... it's equivalent to walking on glass." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would "touch" her feet.

Unfortunately, Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy. While each of our patients are unique, they all come to the clinic with similar stories: They aren't sleeping at night because of the burning in their feet. They have difficulty walking, shopping, or doing any activity for more than 30 minutes because of the pain. They're struggling with balance and living in fear that they might fall. Their doctors have told them

to "just live with the pain" and they're taking medications that aren't working or have uncomfortable side effects.

Fortunately, four months ago, Dawn found our clinic, Riverplace Acupuncture Integrative Health and the work that Dr. Jann Turpin is doing to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications. Using the time-tested science of acupuncture and a technology originally developed by NASA to assist in increasing blood flow and expediting recovery and healing, Dr. Turpin and her team are creating a breakthrough treatment for this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Dawn explains, enthusiastically describing life after receiving a series of treatments. "I can wear socks and shoes!" Dawn and her sister now operate a successful dog walking business, sometimes covering up to 5 miles a day. "It's life altering. As far as I'm concerned, she saved my life."

Dr. Turpin and her team have been helping the senior community for over 14 years using the most cutting edge and innovative integrative medicine.

Specializing in chronic pain cases, specifically those that have been deemed 'hopeless' or 'untreatable,' she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Jacksonville, Orange Park and the beaches.

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# What to expect at your next eye exam

Regular eye examinations are important components of a personal health regimen. Visiting an eye doctor can alert a person to potential vision impairments, and certain symptoms that show up in the eyes could be indicative of notable health problems. The American Academy of Ophthalmology says everything from brain tumors to aneurysms to high cholesterol can be detected in the eyes.

For those who do not have any apparent vision problems, most doctors recommend following a chart based on age. The insurance experts at Aetna suggest the following age-based intervals:

- Ages 20 to 39: Every five years
- Ages 40 to 54: Every two to four years
- Ages 55 to 64: Every one to three years
- Ages 65 and up: Every one to two years

Individuals who wear glasses or contact lenses, have a family history of eye disease, or have a chronic condition that puts them at risk for eye disease, like diabetes, should get vision exams more frequently.

Despite the significance of eye exams, many people do not visit an eye doctor until something is amiss with their vision or eyes. Perhaps individuals would be inclined to visit the eye doctor more frequently if they knew what to expect during an exam. Here's what people can expect the next time they step into a private eye doctor's office or a vision center, courtesy of The Cleveland Clinic and Warby Parker.

• **Visual acuity:** The eye doctor will ask you to read an eye chart while looking through a device called a phoropter. This device has several lenses that can be adjusted to help you see better and find the right corrective lens prescription.

• **Visual field:** The doctor will check peripheral vision by holding up a finger or an object and moving it gradually to the side of your face. Additional movements may include up and down. Some offices use a computer program to conduct this test.

• **Automatic refraction:** Visual acuity can be measured with this test, during which an autorefractor shines light into



the eye and measures the eye's response. It's commonly used with children or adults who may struggle to communicate what they're seeing.

• **Pupil function:** The eye doctor will briefly shine a handheld light into each eye and then move the light away to watch how the pupils constrict and dilate.

• **Slit lamp exam:** This test involves a slit lamp, which is a type of microscope that enables the eye doctor to see the eyes in close detail.

• **Tonometry measurement:** Glaucoma occurs when intraocular pressure is high. Some eye doctors will conduct tests to determine the pressure. One way is with a non-contact tonometry test, which is a puff of air squirted at each eye. With applanation tonometry, the doctor first administers a mild numbing agent to the eye, and then uses a pressure-sensitive instrument to gently tap on the surface of the eye to get a pressure reading. A rebound tonometry test requires a handheld device that makes brief contact to the eye and doesn't require local anesthesia.

• **Pupil dilation:** The eye doctor will administer eye drops that dilate the pupils, which enables a better view of the retina, optic nerve, cornea, and surrounding blood vessels during an ophthalmoscopy.

• **Special photography:** The eye doctor may utilize specialized imaging equipment that will take digital images of the eyes to diagnose various retinal, optic nerve and corneal conditions.

These are some of the things people may experience during a comprehensive vision exam.

# What to know about AMD

Physical changes are a normal by-product of aging. Gray hairs and less elastic skin that contributes to wrinkles may be among the more notable physical signs of aging, but older individuals also may note their vision is not what it once was.

Diminished vision can be a by-product of various conditions. Aging individuals who have noticed a loss of vision may be dealing with age-related macular degeneration, or AMD. Seniors concerned by AMD can learn about the condition so they're well-positioned to manage it if and when they need to.

## What is AMD?

The National Eye Institute notes that AMD is an eye disease that is the leading cause of vision loss for older adults. In fact, Johns Hopkins Medicine notes age is the most common cause of severe loss of eyesight among people 50 and older. The NEI notes that aging causes damage to the macula, which is the part of the eye that controls sharp, straight-ahead vision. When a person has AMD, his or her central vision is blurred.

## What happens when a person has AMD?

Because AMD blurs the central vision, people who develop the disease may struggle to recognize faces, read, drive, or engage in activities that require close-up work, including cooking or fixing things around the house.

## Are all cases of AMD the same?

The NEI notes that AMD happens very slowly in some people and faster in others. Some people may not recognize they have vision loss even when they already have early AMD. In addition, there are two types of AMD:

- **Dry AMD:** Dry AMD is the most common type of the disease and occurs as the macula gets thinner with age. Dry AMD progresses slowly over several years, and occurs in three stages: early, intermediate and late.
- **Wet AMD:** Wet AMD is a less



common form of late AMD that the NEI notes typically causes faster vision loss. Wet AMD occurs when abnormal blood vessels grow in the back of the eye and damage the macula. Wet AMD is treatable.

## Does AMD produce symptoms?

AMD produces different symptoms depending on the stage of the disease. Early dry AMD does not cause any symptoms, and the NEI notes some people with intermediate dry AMD may not experience symptoms. Those who do may notice symptoms such as mild blurriness in their central vision or difficulty seeing in low lighting. Late wet or dry AMD patients may notice that straight lines are beginning to look wavy or crooked and there may be a blurry area near the center of their vision. That blurriness can grow larger over time and people may begin to see blank spots. Colors also may seem less bright and people may have difficulty seeing in low lighting.

## Who is at risk for AMD?

The NEI notes that adults over 55 are more likely to have AMD than any other group. People with a family history of AMD, Caucasians and smokers also have a higher risk of developing AMD. Quitting smoking, getting regular physical activity, maintaining healthy blood pressure and cholesterol levels, and eating a healthy diet that includes leafy greens and fish are some ways people can lower their AMD risk.

AMD is most common among individuals over 50. More information is available at [nei.nih.gov](http://nei.nih.gov).

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# Meet Our Eye Doctors

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## Ellen Rogers Wagner, O.D.

Dr. Rogers Wagner has been practicing since 1988 and has worked with Dr. Bowman since 1993. She previously served as the Staff Optometrist at the Baptist Eye Institute where she gained a broad experience in diagnosing and treating a wide variety of ocular diseases.

The daughter of an Air Force dentist, Dr. Rogers Wagner was raised all over the United States and several foreign countries. She pursued her undergraduate education at Auburn University before going on to receive her Doctorate of Optometry degree with Honors from the University of Alabama at Birmingham. Dr. Rogers Wagner has been actively involved in local and statewide optometry organizations, having served as President of the Northeast Florida Optometric Society and chairing several committees for the Florida Optometric Association. She has worked as a clinical investigator for several contact lens companies.

Dr. Rogers Wagner likes to stay active in the community and was instrumental in starting the optometry clinic at the I.M. Sulzbacher Center for the Homeless in 1995. She received the Golden Rule Award and the Duval County Volunteer Optometrist of the Year Award for her volunteer work, as well as the Alumnus of the Year Award from the UAB School of Optometry. Dr. Rogers Wagner is an involved in the First Coast Auburn Club and loves her Tigers! Dr. Wagner is married and has a son.



## Laura Jankiprasad, O.D.

Dr. Jankiprasad, known affectionately as Dr. J, is a dedicated optometrist with extensive experience in patient-focused eye care. She graduated from Nova Southeastern College of Optometry (NSUCO) with both a Bachelor's of Science degree in Vision Science and a Doctorate of Optometry. During her time at NSUCO, she demonstrated exceptional commitment and skill, earning the prestigious Excellence in Contact Lens Patient Care Award presented by Johnson and Johnson.

Since relocating to Jacksonville following graduation, Dr. Jankiprasad has become a trusted figure in the local community, providing compassionate and personalized eye care to her patients. She believes in building enduring relationships with those she treats, ensuring each individual feels valued and comfortable throughout their eye care journey. Dr. Jankiprasad takes pride in discussing and addressing the unique visual and health needs of every patient she serves.

Dr. Jankiprasad is an active member of the Florida Optometric Association and the North East Florida Optometric Association, continuously seeking opportunities to further enhance her skills and stay updated with advancements in her field. Her dedication to exceptional patient care and her warm, approachable demeanor make her an invaluable asset to the eye care community in Jacksonville.

As a Florida native from Palm Coast, Dr. Jankiprasad has a deep-rooted connection to the Sunshine State. She completed her undergraduate studies at the University of Central Florida before pursuing her optometry career.



## Gil Houston, O.D.

Dr. Houston received his Bachelor of Science in 1976. He then attended the University of Rhode Island and received his Master of Science. In 1982 Dr. Houston received his Doctor of Optometry, graduating with Magna Cum Laude honors from the New England College of Optometry.

Dr. Houston worked at the VA Hospital in Birmingham, AL, and was on staff at the College of Optometry at the University of Alabama until 1993. He then relocated to Ponte Vedra and joined the practice where he works full time.

Dr. Houston has published articles in the Southern Journal of Optometry, Academy of Optometry Journal, American Optometric Association Journal, and Association for Research in Vision and Ophthalmology.

Dr. Houston is a volunteer optometrist at the Sulzbacher Homeless Healthcare Center. He has also served as a Northeast Florida Optometric Association Board Member. He is a member of the Florida Optometric Association and the American Optometric Association and is a Fellow of the American Academy of Optometry.

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## Looking Good

Continued from 13

If you're heading to the gym alone, consider introducing yourself to others — you might just make a gym buddy to look forward to seeing regularly.

### 4. Focus on Your Strengths

Exercising can feel overwhelming at first, but focusing on activities you're good at or enjoy makes it more manageable. For instance, if you love working out your legs and find them to be your strongest feature, capitalize on that strength. Leg exercises can effectively burn fat and build core stability. Similarly, if upper body exercises bring you joy, embrace them — getting your heart rate up and building muscle is the ultimate goal.

### 5. Choose a Training Style That Suits You

Tailor your fitness journey to match your preferences. You can exercise independently with a home routine, participate in group classes for a social and motivational boost, or hire a personal trainer for guidance. Group classes can help you build a network, while a trainer can offer personalized support and teach you how to use gym equipment effectively.

### Bonus Tip: Find Your Comfort Zone

Whether it's at home, outdoors or in a gym, choose an environment that keeps you engaged. If your treadmill feels repetitive, try outdoor walks or runs to enjoy fresh air and scenery. If exercising at home starts feeling isolating, consider joining a gym for more variety and social interaction.



Contributed photo

The New Meridian Fitness owner John DiPatre works out at his gym.

### Start Your Fitness Journey Today

We invite you to visit us at The New Meridian Fitness, located at 820 A1A North, Suite W20 & W21, Ponte Vedra Beach. Our 3,700-square-foot facility offers 24/7 access, cardio machines, selectorized equipment and free weights. We also provide private showers, personal training and massage therapy to complement your fitness journey.

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## HydroLight

Continued from 14

cess is designed with a “choose your own experience” mentality.

Depending on their needs, clients visit HydroLight Lounge for cold plunges, red light therapy, infrared saunas, general light therapy or contrast therapy. Each service at the lounge is designed to detoxify the body, reduce inflammation, improve circulation and support heart, skin and digestive health.

While not initially offered at the lounge's opening in October, colon hydrotherapy was introduced in November and has quickly become one of the lounge's most popular services. Also known as a colonic, this water therapy removes toxins in the large intestine to improve digestive and gut health.

“In the area, there are other places that may offer cold plunges or saunas, but I wanted to add a service that was not only water-based but also actually rare to find in Northeast Florida,” Engel said.

Engel said some clients have traveled hours for colon hydrotherapy in the past and were thrilled to discover that the service is now available in Northeast Florida.

HydroLight Lounge takes walk-in clients but also takes appointments via phone or online. Located in a newly developed area of Nocatee, the storefront may not attract passersby like other shopping centers, but it's steadily growing a loyal and dedicated clientele. In the future, Engel hopes to expand the lounge's current offerings with new services and modalities that keep up with the next generation of water and light therapy techniques.

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Photos contributed by Elase



Experienced providers at Elase set the medspa apart.



Elase Medical Spa specializes in advanced aesthetic and treatment options

# Decades of innovation, empowerment at Elase Medical Spa

By Holly Tishfield

A decade before the medical spa industry took off, Elase was there to pioneer the way with a belief that there is no single standard for beauty and that every person deserves to feel like the best version of themselves.

“Whatever your concern may be,” said Molly Bacon, vice president of marketing at Elase, “we’re here to help you achieve your skincare goals.”

Elase’s services encompass multiple advanced aesthetic and treatment options

such as microneedling, CoolSculpting, chemical peels, dermaplaning, laser hair removal, weight loss injections and much more. Their most popular services include a range of injectables, such as Botox and dermal fillers.

This medspa is about more than just looking your best, aiming to be a voice of empowerment in an industry that can feel superficial. Their treatments are not only relaxing, offering clients an opportunity to unwind in spa rooms, but also demonstrate desirable results.

What sets Elase apart in an often-impersonal industry is its team of highly trained, approachable providers and staff. Education and training are the keystones in each of their provider’s journeys. The business takes great care in hiring exceptional providers, arranging an elite training program, and continuously offering educational opportunities to ensure clients have incredible results and unforgettable experiences.

“We truly have some of the best providers out there,” said Bacon. “They have the best training and really bring a great level

of care to every service that they provide.”

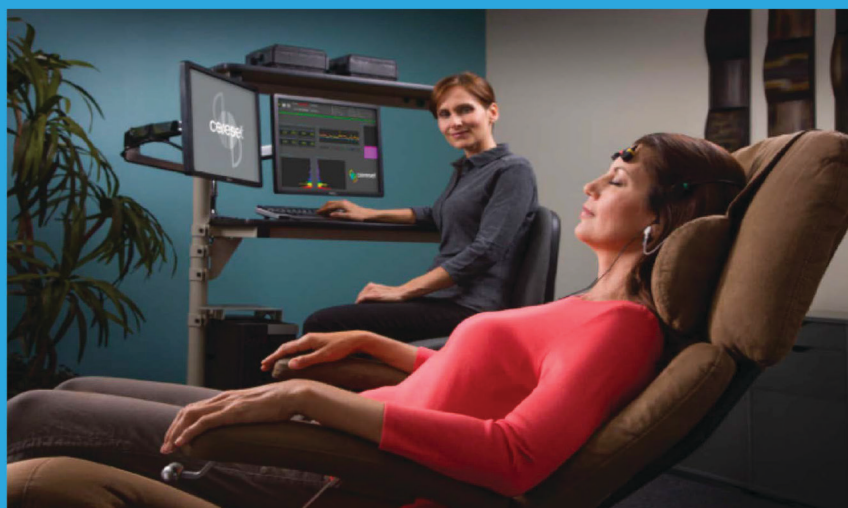
Elase’s membership offerings are a unique feature in the industry, providing clients with the chance to save on services every month. Each tier of the membership program offers clients 10-15% savings on every product, service and package with every visit.

Although the medspa chain began in Utah, it now operates over a dozen locations in Idaho, Utah and Florida, with more plans for expansion in Jacksonville in the near future.



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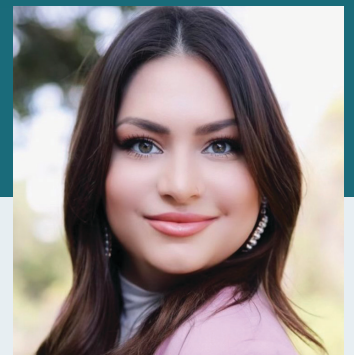
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# Business Weekly

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## Home watch company accredited



**Jan Herren**

Trinity Property Services Group has earned accreditation from the National Home Watch Association. The NHWA was formed in 2009 in order to establish and maintain the highest industry standards for Home Watch and absentee homeowner services throughout the United States and Canada. Home Watch is a visual inspection of a home or property, looking for obvious issues, which means that it is a service that “keeps an eye on things” at your vacation or primary home while you are not in residence. All principals of NHWA Accredited Member companies are background-checked, insured and bonded.

Owner Jan Herren has been active in the community association industry for more than 30 years. She started Trinity Property Services

Group in 2021.

She attended Florida Community College at Jacksonville and Jones College in Jacksonville. She has been a licensed Florida community association manager since 1993 and is a notary public.

During her many years of managing condominium and homeowner associations, Herren has seen dozens of instances where having someone oversee a vacant property would have saved the homeowner and, in some cases, owners of adjacent properties, thousands of dollars in damages. Plumbing leaks, clogged A/C lines, break-ins and storm damage are just some of the examples of damage that can be greatly reduced by early detection.

Trinity Property Services Group serves St. Augustine, Anastasia Island, Crescent Beach, Ponte Vedra, Ponte Vedra Beach, Vilano Beach, Flagler Beach, Palm Coast and St Johns/Fruit Cove. Herren can be reached at 904-606-5025 or [jherren@trinitypsg.com](mailto:jherren@trinitypsg.com).

### GUEST COLUMN

## Five ways to help protect your family online

**Written by/for Wells Fargo Advisors**

From listening to music to ordering groceries to working from home, almost all aspects of our daily lives are connected to the internet in some way. But our always-connected nature can come with risks: According to the FBI’s “2022 Internet Crime Report,” the bureau’s Internet Crime Complaint Center received 800,944 complaints in 2022, which was a 5%

decrease from 2021. However, the potential total loss grew from \$6.9 billion in 2021 to more than \$10.2 billion in 2022.

Here are some ways to help protect your family online:

#### 1. Learn to spot imposter scams

Have you ever received a call, text or email regarding suspicious activity detected on your account or suspended online access? It

**PROTECT** continues on **Page 23**

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# Amelia Island Restaurant Week starts Jan. 17

Widely known for its culinary diversity and excellence, Amelia Island is featuring a new recipe for its annual Amelia Island Restaurant Week (Jan. 17-26). This year's 10-day, island-wide culinary celebration will now serve up great savings on designated signature dishes and offer a variety of deals from 21 local restaurants. Those eager to start making reservations can browse participating restaurants, featured signature dishes and deals, and special event information online at [AmeliaIsland.com/Yummy](http://AmeliaIsland.com/Yummy).

This year's Restaurant Week will showcase 21 restaurants in 10 days — from fine dining to casual to seafood, Mediterranean, pizza and more — allowing locals and visitors alike to enjoy their favorite or try something new. The island-wide campaign is a great opportunity for local restaurants to showcase their signature dishes and fan favorites, enticing diners with great savings.

The complete list of restaurants includes:

- 1928 Cuban Bistro
- Arte Pizza
- Baba's Mediterranean
- The Boat House
- Café Karibo
- Cantina Louie
- Coast at The Ritz-Carlton, Amelia Island
- The Crab Trap
- David's Restaurant & Lounge
- Duck Pinz
- Indigo

- Marché Burette at Omni Amelia Island Resort & Spa
- The Patio at 5th and Ash
- Salt Life Food Shack
- The Salty Pelican Bar & Grill
- Sandbar Amelia Island
- Scully's Irish Pub & Eatery
- Story & Song Bookstore Bistro
- Tidewater Grill at The Ritz-Carlton, Amelia Island
- V Pizza Fernandina
- Verandah at Omni Amelia Island Resort & Spa

To kick off this year's Restaurant Week, Omni Amelia Island Resort & Spa is hosting a special opening dinner event on Thursday, Jan. 16, at 6 p.m. at the Verandah. The "Celebration of Citrus" opening dinner is a five-course, cocktail-paired event where each course highlights the bold, refreshing flavors of the season. Tickets are \$129 per person.

Wrapping up the 10-day Restaurant Week will be a closing dinner event at the newly reimagined Salt at The Ritz-Carlton, Amelia Island on Sunday, Jan. 26, at 5 p.m. Attendees will be among the first to enjoy the ambiance of Salt's new dining room and lounge experience and will enjoy a decadent "New Era Dinner" three-course menu. Tickets are \$150 per person.

Guests are encouraged to purchase tickets soon, as both events typically sell out.

For a complete listing of participating restaurants, menus and special event information, go to [AmeliaIsland.com/Yummy](http://AmeliaIsland.com/Yummy).



Photos by East Coast Virtual Tours; renderings by Carlos Tovar/Diseno Urbano Studio

## Luxury condos become available

The Landings on Amelia River is the first new construction condo on the marsh side of the island in 15 years.

A rare opportunity to own a luxury waterfront condominium in one of the most sought-after locations on the Intracoastal Waterway, this exclusive addition to the community offers unparalleled views, contemporary construction and a lifestyle steeped in coastal elegance.

Each residence comes with a private boat slip and includes a one-year membership to the Ritz-Carlton, offering privileges like spa access, pool use and dining discounts.

These six condos, priced between \$3.2 million and \$3.4 million, were designed by Julia Hall Interiors. Each home features Mooney's custom cabinetry, quartz countertops, wood flooring, a double island kitchen and a wet bar with a Sub-Zero designer wine fridge.

The layout is further complemented by California Closets, Wolf and Sub-Zero appliances, and two dedicated underground parking spaces. Residents also enjoy exclusive access to a waterfront pool, a summer kitchen and a community dock.

Set on 16 acres, this property once housed a 1797 plantation home built by a Revolutionary War veteran.

James Miller & David Miller with ONE Sotheby's International Realty are the exclusive agents for the property located at 5067 First Coast Highway.

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# Protect

Continued from 21

could be a scammer trying to convince you to share sensitive information that would enable them to access your accounts.

Increasingly, criminals are able to impersonate financial institutions, large companies and even government agencies by spoofing caller ID or email addresses so they appear to be legitimate. When you receive a suspicious or unexpected communication, do not respond or click any email links. Instead, contact the company directly using a phone number on its website.

## 2. Manage and monitor your credit

Consider placing a credit freeze on your credit file as well as children's and elderly family members' credit files.

Credit freezes must be implemented and lifted separately at each credit bureau (Equifax, Experian and TransUnion) for yourself and each individual you're acting behalf of. Upon the completion of a credit freeze, you will be provided a PIN code that can be used to lift a freeze. Store this code in a safe location should you need access to it in the future.

Regularly review your credit file to identify and report errors or potentially suspicious activity to the credit bureau it's found at. The three major U.S. credit bureaus are

required to provide one free credit report annually upon request via [annualcreditreport.com](http://annualcreditreport.com)

## 3. Limit what you share on social media

Cyber criminals and fraudsters scour social media profiles for clues to security questions, passwords and other information that could help them impersonate potential victims online.

Consider setting your social media profiles to private — and encourage your family members to do the same. Also, restrict your social media contacts to people you know personally. Finally, watch what information you disclose.

## 4. Protect your home network

Ensure your home's wireless network is protected with a strong, unique password. Consider using a unique phrase with a mix of letters, numbers and special characters. Additionally, avoid using any part of your name or home address, information shared on social media, or anything else someone could easily guess.

When you are configuring your router, be sure to change the default login information and choose WPA2 or WPA3 encryption standards to best secure your network.


## 5. Stay up-to-date

Cybercriminals change their tactics frequently, so try to stay on top of the

latest threats. Keep your devices and apps updated with the latest security patches and be sure to review the resources provided by your bank, investment firm and other financial providers to understand ways to help protect your family and yourself online. Sign up to receive scam alerts from the Federal Trade Commission by visiting [ftc.gov](http://ftc.gov) and selecting "Get Consumer Alerts."


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# In the Arts



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THURSDAY, JANUARY 9, 2024 · PAGE 24 www.PonteVedraRecorder.com

## WHAT'S GOING ON

Here's a look at some of events and concerts coming to local venues in January and February

### THE FLORIDA THEATRE

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Tickets and information available at: floridatheatre.com. Tickets may also be purchased by phone at 904-355-2787. Also, the box office is open 9 a.m. to 5 p.m. weekdays; on weekends, four hours before evening performances, two hours before matinee performances.

- The New York Bee Gees: 8 p.m. Jan. 17. Ticket prices: \$29.50 to \$59.50
- The Purple Xperience: 8 p.m. Jan. 18. Ticket prices: \$29.50 to \$59.50
- Marty Stuart and His Fabulous Superlatives: 7 p.m. Jan. 19. Ticket prices: \$55-\$69

- "Pete the Cat": (Theatreworks) For grades pre-K to 3. Duration: 50 minutes. 10 a.m. and noon, Jan. 21. Tickets: \$8.50

- Al Stewart & Livingston Taylor: 8 p.m. Jan. 22. Ticket prices: \$34.50 to \$69.50

- Jeff Arcuri: (Comedy) 7:30 p.m. Jan. 23. Ticket prices: \$45-\$75

- Dweezil Zappa: 8 p.m. Jan. 24. Ticket prices: \$34.50 to \$99.50

- Marc Broussard: Time is a Thief Tour: 8 p.m. Jan. 25. Ticket prices: \$39-\$49

- Step Afrika! Celebrating Thirty Years: 7 p.m. Jan. 26. Ticket prices: \$29.50 to \$39.50

- Step Afrika! (Theatreworks program for all ages. Duration: 60 minutes) 10:30 a.m. Jan. 27. Tickets: \$8.50

- Yacht Rock Revue: 8 p.m. Jan. 28. Ticket prices: \$39.50 to \$59.50

- "Dirty Dancing" In Concert: 7:30 p.m. Jan. 29. Ticket prices: \$39-\$65

- Vitamin String Quartet: 8 p.m. Jan. 30. Ticket prices: \$42 to \$62.50

- "Magic in Motion": (Theatreworks) Duration: 55 minutes. 10 a.m. and noon, Jan. 31. Tickets: \$8.50

- "Dude Dad's On Thin Ice Comedy Tour": 8 p.m. Jan. 31. Ticket prices: \$30-\$50. Parental discretion advised.

- Frankie Valli and The Four Seasons: 7:30 p.m. Feb. 1. Ticket prices: \$74.50 to \$115

- A1A — Jimmy Buffett Tribute Show: 7 p.m. Feb. 2. Ticket prices: See website

- "Ada Twist, Scientist & Friends": (Theatreworks) For grades K-4. Duration: 60 minutes. 10 a.m. and noon, Feb. 3. Tickets: \$8.50

- Burton Cummings of the Original 'The Guess Who' 60th Anniversary Hits

- Tour with special guest Jim Messina: 7:30 p.m. Feb. 5. Ticket prices: \$57.50 to \$82.50

- The Music of Pink Floyd Laser Spectacular: 8 p.m. Feb. 6. Ticket prices: \$29.50 to \$45

- Sal Vulcano: (Comedy) 7 p.m. Feb. 7. Tickets: \$39.75 to \$59.75

- MJ Live — A Michael Jackson Tribute: 8 p.m. Feb. 8. Ticket prices: \$42.50 to \$62.50

- Drive-By Truckers: 8 p.m. Feb. 10. Ticket prices: \$44.50 to \$79.50

- The Bronx Wanderers: 8 p.m. Feb. 12. Ticket prices: \$35-\$45

- Drew and Ellie Holcomb: 7:30 p.m. Feb. 13. Ticket prices: \$40.50 to \$60

- Alton Brown Live: (Comedy and more) 7:30 p.m. Feb. 14. Ticket prices: \$49-\$200

WHAT'S GOING ON continues on Page 25

2024-2025  
SPEAKER  
SERIES

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## WHAT'S GOING ON

- Brian Kilmeade, *The History, Liberty & Laughs Tour*: 8 p.m. Feb. 15. Ticket prices: \$49-\$75
- Yamato, *The Drummer of Japan*: 7 p.m. Feb. 16. Ticket prices: \$29.50 to \$39.50
- Chris Botti: 8 p.m. Feb. 18. Tickets: \$42.50 to \$82.50
- "Wild Kratts Live 2.0": 6:30 p.m. Feb. 20. Ticket prices: \$28.50 to \$153.50
- MANIA: *The ABBA Tribute*: 8 p.m. Feb. 21. Ticket prices: \$38-\$50
- The McElroys: 7 p.m. Feb. 22. Tickets: \$48.50
- Nitty Gritty Dirt Band: 7 p.m. Feb. 23. Ticket prices: \$44.50 to \$84.50
- "Untold Stories": (Storytelling) 7:30 p.m. Feb. 27. Ticket prices: \$28.50 to \$38.50

### FSCJ ARTIST SERIES

- Broadway in Jacksonville  
Venues vary. Tickets available at [fscjartistsseries.org](http://fscjartistsseries.org) or at the box office, 904-632-5000. Email: [info@fscjartistsseries.org](mailto:info@fscjartistsseries.org).
- "Puccini's Tosca": 7:30 p.m. Jan. 24, Jacksonville Center for the Performing Arts, 300 Water St., Jacksonville. Ticket prices: \$18.34 to \$68.85
  - Shanghai Circus: 2 p.m. Jan. 26, Nathan H. Wilson Center for the Arts, 11901 Beach Blvd. Jacksonville. Ticket prices: \$20.75 to \$44.25
  - The Electric Light Orchestra Experience featuring *Evil Woman* — *The American ELO*: 7:30 p.m. Feb. 5, Jacksonville Center for the Performing Arts, 300 Water St., Jacksonville. Ticket prices: \$39.50 to \$82.50
  - "Riverdance": 7:30 p.m. Feb. 6, Jacksonville Center for the Performing Arts, 300 Water St., Jacksonville. Ticket prices: \$39.50 to \$219.50
  - The Four Phantoms: In Concert: 8 p.m. Feb. 14, Jacksonville Center for the Performing Arts, 300 Water St., Jacksonville. Ticket prices: \$44.50 to \$138.50
  - "Peter Pan": 7:30 p.m. Feb. 18, 19, 20; 8 p.m. Feb. 21, 22; 2 p.m. Feb. 22; 1 p.m. Feb. 23; 6:30 p.m. Feb. 23. Jacksonville Center for the Performing Arts, 300 Water St., Jacksonville. Ticket prices: Various
  - "Dancing with the Stars: Live 2025": 7:30 p.m. Feb. 27, Jacksonville Center for the Performing Arts, 300 Water St., Jacksonville. Ticket prices: \$75.35 to \$685

### SUNDAY AT STETSON'S

- Beluthahatchee, 1523 S.R. 13, Fruit Cove  
No reservations necessary, but seating is limited. Suggested donation: \$10.
- Paul Garfinkel & Bob Patterson: 2 p.m. Jan. 12
  - Thick N Thin String Band: Feb. 9

— Compiled by Shaun Ryan

# ON STAGE

A roundup of events and musical acts appearing soon at local venues.

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

Tickets may also be purchased at [ticketmaster.com](http://ticketmaster.com).

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

- **Pecha Kucha Vol. 22: "Release The Kraken"** — Tales from the Deep" — Jan. 25, 6:30 p.m. Front Porch.
- **Snarky Puppy** — Feb. 6, 7 p.m. Note: As part of the Fort Mose Jazz and Blues Series, this is being held at Fort Mose Historic State Park.
- **Tower of Power** — Feb. 8, 7 p.m. Note: As part of the Fort Mose Jazz and

Blues Series, this is being held at Fort Mose Historic State Park.

- **Alice Cooper** — Feb. 11, 8 p.m.
- **Dinner Party** — Feb. 14, 7 p.m. Note: As part of the Fort Mose Jazz and Blues Series, this is being held at Fort Mose Historic State Park.
- **Gipsy Kings featuring Nicolas Reyes** — Feb. 14, 7:30 p.m.
- **Macy Gray** — Feb. 15, 10 a.m. Note: As part of the Fort Mose Jazz and Blues Series, this is being held at Fort Mose Historic State Park.
- **Giggly Squad Live: Club Giggly** — Feb. 15, 7:30 p.m.
- **The Dirty Dozen Brass Band** — (With special guest Sierra Green and The Giants) Feb. 16, 7 p.m. Note: As part of the Fort Mose Jazz and Blues Series, this is being held at Fort Mose Historic State Park.
- **Willie Nelson & Family** — Feb. 19 and 20, 7:30 p.m.
- **Wallows** — Feb. 22, 7:30 p.m.
- **Lullaby of the Rivers Festival** — Feb. 23, 11 a.m. Free event.

## Alhambra kicks off 2025 slate of shows

By Anthony Richards

The 2025 season at Alhambra Theatre & Dining is set to begin with the playing of "Southern Fried Funeral," which is touted as a show that will bring a combination of laughter and Southern charm to the stage.

The show will be introduced on Thursday, Jan. 9, and a gala night will take place on Friday, Jan. 10. It will run through Feb. 9 with performances Tuesday through Sunday evenings as well as weekend matinees.

Tickets for the show can be purchased by going to [www.alhambrajax.com](http://www.alhambrajax.com) or by calling the box office at 904-641-1212. The box office is open Tuesday through Sunday from 11 a.m. to 7 p.m.

Set in the small town of New Edinburgh, Mississippi, *Southern Fried Funeral* invites audiences into the chaos



"Southern Fried Funeral" will run at Alhambra Theatre & Dining Jan. 9 through Feb. 9.

and hilarity of the Frye family as they gather to honor their late patriarch.

Packed with witty dialogue, eccentric relatives and a heaping helping of Southern hospitality, the play is a hilarious exploration of family dynamics, love and resilience.

"We're thrilled to kick off 2025 with

such a joyful and relatable production," said Craig Smith, managing partner of Alhambra Theatre & Dining. "This show is a celebration of the humor and heart that bind families together, and we know our audiences are going to love it."

In addition to the stellar performances, Alhambra's signature dining experience will complement the evening. Guests can savor a mouthwatering menu inspired by Southern cuisine, created by Executive Chef DeJuan Roy.

The three-course menu options include a main course of either Aunt Mae's Southern fried chicken, pulled pork, blackened catfish or fried white bean cake, as well as fried green tomato salad or navy bean with ham soup with a corn bread crouton for the first course.

The dessert options include either strawberry shortcake or warm peach cobbler with whipped cream.

**Southern Fried FUNERAL**  
A big-hearted Southern comedy

**JANUARY 9 - FEBRUARY 9**

### SEASON SCHEDULE

*West Side Story*  
FEB. 20 - MARCH 30

*Beautiful The Carole King Musical*  
APRIL 3 - MAY 11

*My Fair Lady*  
MAY 15 - JUNE 22

*Roald Dahl's Charlie and the Chocolate Factory*  
JUNE 26 - AUGUST 17



*Fall Surprise*  
AUGUST 28 - OCT. 5

*The Mystery of Edwin Drood*  
OCT. 9 - NOV. 16

*Elf The Musical*  
NOV. 20 - DEC. 24

GET YOUR SEASON TICKETS TODAY!  
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# Pianist to offer free concert

The Beaches Fine Arts Series will present the 2022 Van Cliburn International Piano Competition Finalist Clayton Stephenson in a free concert at 7:30 p.m. Friday, Jan. 10, at St. Paul's By-The-Sea Episcopal Church, 465 11th Ave. N., Jacksonville Beach. Doors open at 6:45 p.m.

A reception follows the concert with featured visual artist Alisha Lewis.

American pianist Stephenson's love for music is immediately apparent in his joyous charisma onstage, expressive power and natural ease at the instrument. Hailed for "extraordinary narrative and poetic gifts" and interpretations that are "fresh, incisive and characterfully alive" (Gramophone), he is committed to making an impact on the world through his music-making.

Growing up in New York City, Stephenson started piano lessons at age 7 and was accepted into the Juilliard Outreach Music Advancement Program for underprivileged children the next year, where he attended numerous student recitals and fell in love with music.

At the age of 10, he advanced to Juilliard's elite Pre-College program with the help of his teacher, Beth Nam. At Juilliard he studied with Matti Raekallio, Hung-Kuang Chen and Ernest Barretta. Stephenson practiced on a synthesizer at

home until he found an old upright piano on the street that an elementary school had thrown away; that would become his practice piano for the next six years, until the Lang Lang Foundation donated a new piano to him when he was 17.

He credits the generous support of community programs with providing him musical inspiration and resources along the way. As he describes it, the "3rd Street Music School jump-started my music education; the Young People's Choir taught me phrasing and voicing; the Juilliard Outreach Music Advancement Program introduced me to formal and rigorous piano training, which enabled me to get into Juilliard Pre-College; the Morning-side Music Bridge validated my talent and elevated my self-confidence; the Boy's Club of New York exposed me to jazz; and the Lang Lang Foundation brought me to stages worldwide and transformed me from a piano student to a young artist."

Recent and upcoming highlights of Stephenson's burgeoning career include appearances with the Calgary Philharmonic, Chicago Sinfonietta and the Fort Worth, Louisville, Lansing and North Carolina Symphony Orchestras; as well as recitals at the Phillips Collection Concert Series in Washington, D.C., Foundation Louis Vuitton Auditorium in Paris, Bad Kiss-

inger Sommer Festival and BeethovenFest in Germany, Colour of Music Festival, Ravinia Festival and Weill Recital Hall at Carnegie Hall.

He has been featured on NPR, WUOL and WQXR, and appeared in the "Grammy Salute to Classical Music" Concert at Carnegie's Stern Auditorium.

He now studies in the Harvard-NEC Dual Degree Program, pursuing a bachelor's degree in economics at Harvard and a master's degree in piano performance at the New England Conservatory under Wha Kyung Byun. And his accolades along the way have been numerous — in addition to being the first Black finalist at the Van Cliburn International Piano Competition in 2022, he was named a 2022 Gilmore Young Artist, as well as a 2017 U.S. Presidential Scholar in the Arts and a Young Scholar of the Lang Lang International Music Foundation.

He also received a jury discretionary award at the 2015 Cliburn International Junior Piano Competition and Festival.

Alisha Lewis is an artist deeply rooted in the American South with a studio practice that uplifts Black women, their stories, folklore and aesthetics.

Rendered in both clay and paint, the artwork focuses upon the female body. Evoking unique perspectives in fantastical

scenarios. Her portraits have been exhibited across the United States and abroad. Lewis is a native of Jacksonville and holds a Bachelor of Fine Arts Degree (ceramics), with minors in art history and African-American studies from the University of Florida.

She earned a Master of Professional Studies Degree, Business of Art and Design, from the Maryland Institute College of Art in Baltimore. She taught public school elementary visual arts and volunteers in the community through various clean-ups, food banks and donation drives. Her goal in life is to be a mechanism of empowerment.

Uplifting women to display all their natural attributes and genius is the focus of her oeuvre. Her most recent public art installation, "For The Generations to Fulfill The Dream," a life-size bronze statue, is displayed in Tallahassee. It memorializes the leadership of female college students from Florida A&M University who catalyzed the boycotts and sit-ins of the Civil Rights Movement in Florida's capital. Moreover, her ceramic sculpture "Sweet Fruit" is in dialogue with the folklore of "cursed peaches" in the Devil's Punchbowl of Natchez, Mississippi. Lewis's work brings narratives, histories and folklore of a culture to life.

## Upcoming Jacksonville Symphony Experiences

- **Gershwin & Tchaikovsky**  
January 10 & 11
- **Star Wars: A New Hope in Concert**  
January 17 & 18
- **7 Bridges: The Ultimate EAGLES Experience**  
January 24 & 25
- **Local Vocals**  
January 26
- **Beethoven & Rachmaninoff**  
January 31 & February 1

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# Sports



THURSDAY, JANUARY 9, 2025 · PAGE 27

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## Sharks edge out Panthers in nail-biter

By Anthony Richards

The Ponte Vedra High girls basketball team has righted the ship and had won three of their past four games following a narrow 39-37 victory on the road against rival Nease High on Jan. 4.

With the win, the Sharks improved to 7-6 and appear back on track after experiencing a tough three-game losing streak in early December.

The Sharks showed great mental fortitude as they found a way to win the nail-biter against the Panthers and made the necessary plays down the stretch to

end up on top.

Underclassmen continue to be offensive catalysts for the Sharks with freshman point guard Jocelyn Hoffmann leading the way with 11 points, which was just below her season average of 12.8 per game.

Hoffmann also led the Sharks by grabbing seven rebounds.

Fellow freshman Audrey Rosendahl and sophomore Ella Spencer-Gardner were other productive scorers on the night with nine points each in the contest.

Despite the loss, it was a special night

for the Panthers as they held a ceremony officially naming the court in the Nease High gym after former longtime head coach Sherri Anthony.

Audrey Rollins led all scorers with a game-high 14 points, including shooting 43% from three-point range, while also contributing on the defensive end with three blocked shots and a steal.

Ponte Vedra's Arden Doherty and Nease's Abigail Robinson both provided a veteran presence for their respective teams and were able to be major factors in the offense even when they were not scoring with a team-high three assists

for both juniors.

The Panthers' record fell below .500 with the loss but they evened it back following a dominant 47-27 district win over Fletcher High on Tuesday, Jan. 7. They will travel to play Oakleaf High at 7 p.m. on Thursday, Jan. 9 and are at home against Menendez at 6:30 p.m. on Friday, Jan. 10.

The Sharks will face Stanton Prep at home at 7:30 p.m. on Thursday, Jan. 9, and will have a road contest against Ridgeview High at 6:30 p.m. on Friday, Jan. 10.

### Sharks

Continued from 1

three-pointers in the contest.

Other double-figure scorers included fellow senior David Sanchez Barrera (18), Maddox Palmer (18), and Trace Westercamp (17).

Westercamp also had a huge day on the boards and finished with a double-double performance with 12 rebounds and protected the rim with four blocked shots.

Katsikas and Sanchez Barrera both not only scored but were facilitators of the offense with a team-high six assists for each, while they also had active hands defensively as Katsikas had three steals while Sanchez Barrera had two.

The Sharks followed it up one day later with a battle against Gainesville Buchholz High during an event hosted by Orange Park High.

However, this time the Sharks lost a



David Sanchez Barrera has been a senior leader for the Sharks this season.

Photo by Anthony Richards

close one to the Bobcats, 49-42, as they dropped to 10-4 on the season.

It was tougher sledding for the offense following arguably their best

performance of the season the day before despite once again jumping out to an early lead, this time 13-7 at the end of the first quarter.

But it was the Bobcats offense that came alive in the second quarter and came back to tie it up at 26-all at half-time.

After having four players in double figures the day before, Palmer was the only one to reach that mark against the Bobcats with 17 points thanks to shooting an impressive 55% from the field.

Freshman Tyler Kroog put his shooting ability on display as he made both his attempts from long range and finished second on the team with six points.

Westercamp once again led the way with a team-high seven rebounds, while Sanchez Barrera continued to do a little bit of everything from his point guard position as he had two more steals and took a charge as a defender to go with his six points.



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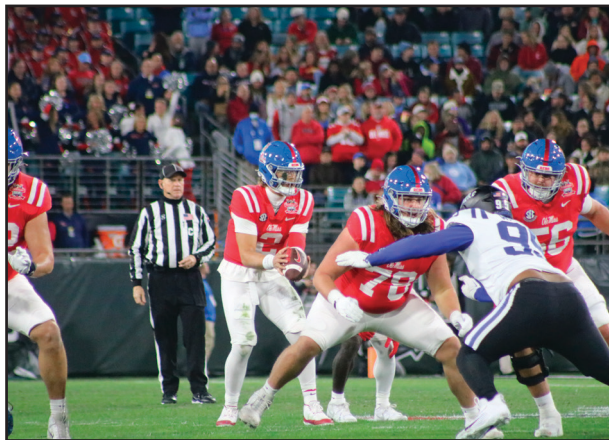
2024 Best of the Beaches THE RECORDER

### BIRTHDAY PARTY PACKAGES

4004 Third St. S., Jacksonville Beach



Joshua Pickett of Duke says a prayer prior to the game.



The Rebels offense at work.



Ulysses Bentley IV breaks free on a run.

# THE 80TH GATOR BOWL SHINES BRIGHT

The Ole Miss Rebels routed the Duke Blue Devils 52-30 in the 80th TaxSlayer Gator Bowl contest on Jan. 2. Fans from both teams created a festive atmosphere as they welcomed in the New Year with some college football at EverBank Stadium in downtown Jacksonville.

Photos by Anthony Richards



The Blue Devils take the field.



The Rebels band performs during the pregame festivities.



Duke's Ozzie Nicholas (No. 45) delivers a big hit.



Ole Miss head coach Lane Kiffin celebrates with Princely Umanmielen after a defensive touchdown.



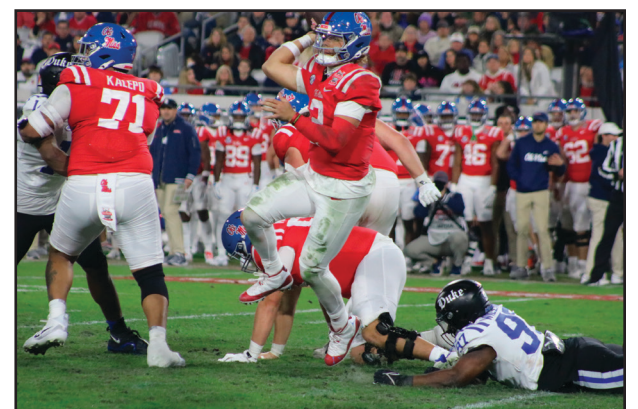
Rebels' fans cheering for their team.



Henry Belin IV hands off to Jaquez Moore (No. 9).



The Rebels' defensive front provides pressure.



Jaxson Dart (No. 2) avoids a sack.

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NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of **WHAT'S GOIN' ON?** located at 180 West End Lane #2207, in the County of St. Johns, in the City of Ponte Vedra, Florida, 32082 intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida.

Dated at Ponte Vedra, Florida, this 5th day of January 2025.

Jill Dormer-Jamieson

Legal 111247 Published 1/9/2025 in St. Johns County Ponte Vedra Recorder newspaper

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A H I N H I B I T I O N B Y T I I N Z E  
D A N X I E T Y P O S I T I V E F V Z R  
A N O I S S E R G G A F O C U S Z I B A E  
P C O N D I T I O N I N G Z T B H R I E  
T R U U Q D Y Z T B E H A V I O R O Y F  
A C E D I B E H A V I O R I S T N M R  
T O I K D U V U M T R E N I A R T M U C  
I L Z N C Z N B T S S E R T S I D E Z M  
O L Y Z I I O L A R O U S A L B Q N Z Y  
N A F L X M L Q F Q G F G Z N V F T I G  
E R D S X G I C K D D S F E U S Z L F E  
D O M I N A N C E R M G N I K R A B U A  
M U A Z S E V O H N Y A C Q U I R E B Q  
P I T E D E S E N S I T I Z A T I O N C  
Z U S A A T M O D I F I C A T I O N M A  
T G D Q C Q Z X Q R H C M O H G R Z U H  
C U M A U T K U O E E P L L Z H M T X L  
D Y R P E H E N V O G T B G H F B S K L  
V E Q Q F L P F U I Y K L M A N S I S A

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INTEREST BY, THROUGH, UNDER OR AGAINST THE ESTATE OF JOHN JOSEPH TORICS A/K/A JOHN JOSEPH TORICS III, DECEASED, CHRIS UNKNOWN SPOUSE OF TORICS, U.S. BANK TRUST ASSOCIATION, AS TRUSTEE OF CAPITAL TRUST 1, STATE CLERK OF COURT, CLAY COUNTY, FLORIDA, LISA ANN GRIFFIN SPOUSE OF LISA ANN UNKNOWN TENANT(S) IN COMMON WITH N/K/A LISA GRIFFIN, are the Clerk of the Court will sell the highest and best bidder for cash at \_\_\_\_\_ at 10:00 A.M. on \_\_\_\_\_, 2024, the following details as set forth in said Final \_\_\_\_\_

**Major sculpture created in Mandarin**  
Harriet Beecher Stowe subject of work  
By Shaun Ryan  
A landmark work of art is taking shape in Mandarin — and the public will have an opportunity this week to witness the artist in action.

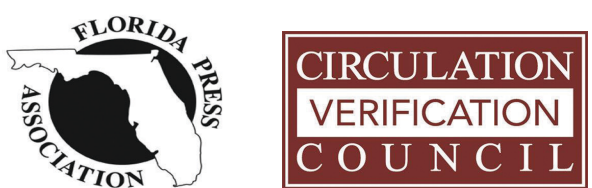
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By Anthony Richards  
Boys and Girls Nation from the same area of a state is very unusual, but it is even more rare to have them both come from the same American Legion post.

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I R E I N F O R C E M E N T K V O E Z G  
A H I N H I B I T I O N B Y T I I N Z E  
D A N X I E T Y P O S I T I V E F V Z R  
A N O I S S E R G G A F O C U S Z I B A  
P C O N D I T I O N I N G Z T B H R I E  
T R U U Q D Y Z T B E H A V I O R O Y F  
A C E D I B E H A V I O R I S T N N M R  
T O I K D U V U M T R E N I A R T M U C  
I L Z N C Z N B T S S E R T S I D E Z M  
O L Y Z I I O L A R O U S A L B Q N Z Y  
N A F L X M L Q F Q G F G Z N V F T I G  
E R D S X G I C K D D S F E U S Z L F E  
D O M I N A N C E R M G N I K R A B U A  
M U A Z S F V O H N Y A C Q U I R E B Q  
P I T E D E S E N S I T I Z A T I O N C  
Z U S A A T M O D I F I C A T I O N M A  
T G D Q C Q Z X Q R H C M O H G R Z U H  
C U M A U T K U O E E P L L Z H M T X P  
D Y R P E H E N V O G T B G H F B S K L  
V E Q Q F L P F U I Y K L M A N S I S A

Find the words hidden vertically, horizontally, diagonally, and backwards.

- ACQUIRE
- ADAPTATION
- AGGRESSION
- ALPHA
- ANXIETY
- AROUSAL
- BARKING BEHAVIOR
- BEHAVIORIST
- CLICKER
- COLLAR
- CONDITIONING
- DESENSITIZATION
- DISTRESS
- DOMINANCE
- ENVIRONMENT
- FEAR
- FOCUS
- INHIBITION
- LEAD
- MODIFICATION
- POSITIVE
- REINFORCEMENT
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## CROSSWORD

		1	2	3	4		5	6	7	8	9			
	10	11						12				13		
	14						15					16	17	
18							19			20		21		
22					23				24		25			
26				27				28		29		30		
		31	32						33		34			
35	36									37				
38					39				40					
41				42		43		44				45	46	47
48			49		50		51					52		
53				54		55						56		
57			58		59				60	61	62			
	63	64						65						
		66						67						

### ACROSS

- Hand (Spanish)
- Siskel and \_\_ critics
- Seaman
- Chemical weapon
- One who eliminates
- They precede C
- Baseball stat
- Americans' "uncle"
- Cassia tree
- Surround
- Crisp and Pebbles are two
- A sudden very loud sound
- Affirmative
- Disadvantage
- Corpuscle count (abbr.)
- OJ trial judge
- New York art district
- Become more bleak
- Upstate NY city
- Clarified butters
- One who witnesses
- Condemn
- \_\_ juris
- Natural
- Prohibit
- Swiss river
- Greek war god
- 5 iron
- New Zealand mountain parrot
- Scandinavian surname
- Follows sigma
- Doctor of Education
- Spanish be
- One that feeds on bugs
- Tooth issue
- Get into
- Lumps of clay
- Overly studious student

- Inspire with love
- Ballplayers' accessory
- Retailer payment system
- More raw
- Atomic #81
- Fencing sword
- Hostilities
- Sea dweller
- Resinlike substance secreted by certain insects
- Businessmen
- Rest here please (abbr.)
- Loud devices
- Make a soft murmuring sound
- One point west of due south
- Trout
- Type of grass
- South American plant

- Letter of the Greek alphabet
- Not secure
- Traveler
- Sweet potato
- Period after sunrise and before sunset
- Some are choppy
- Asian country
- Genus of mosquitoes
- Cool!
- Shrill, wailing sound
- A baglike structure in a plant or animal
- Within
- Unhappy
- Decorate a cake with frosting
- Videocassette recorder
- Largest English dictionary (abbr.)
- It cools a home

## SUDOKU

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

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

- Variety of Chinese
- Boxing's GOAT
- Japanese classical theater
- Prayer



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