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Bolles: Helping for the holiday

A group of students, with Bolles Head of School Dave Farace and Bolles Lower School Ponte Vedra Beach Campus Head Peggy Campbell-Rush, were excited to pack a U-Haul with the more than 10,000 cans of food they collected for the Malivai Washington Youth Foundation.

Page 5



FIRST COAST REGISTER

Your complete resource for navigating the holiday season on the First Coast

INSIDE

SENIOR LIVING Guide



Senior Living

Health news, guides to seasonal entertaining and more

Pages 21-36

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WORLD IMPORTS USA



INSIDE

Community News

Page 4

One of Us

Page 6

Calendar

Page 10

Puzzles

Page 44

Send us your news

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



Visit our brand new website at www.pontevedrarecorder.com

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

PUZZLE SOLUTIONS

G	U	S	T	S	C	O	T	B	O	C	K			
A	L	L	O	W	L	E	U	P	U	P	A	E		
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2	9	4	6	1	5	3	8	7						
7	5	8	2	3	9	1	6	4						

Solutions correspond to last week's puzzles.

What's this?



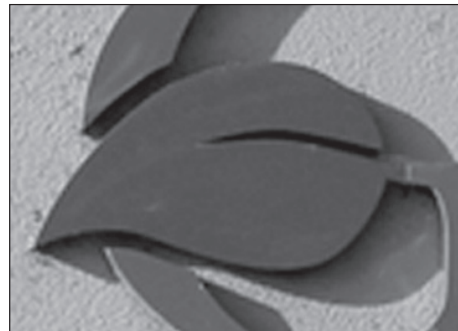
Do you know what this is?

Email your answer to kelly@opcfla.com by Tuesday at 5 p.m.

We'll throw all the correct answers in a hat and choose the winner with a random drawing. If we receive no correct answers, we'll award four Jacksonville Zoo tickets (two adults, two children) to the best wrong answer we receive.

Nobody guessed the Greenleaf at Nocatee sign — but JeaNette Smith was the only reader to give it a shot! JeaNette, please pick up your zoo tickets!

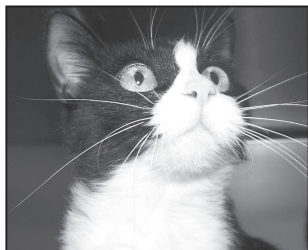
Better luck this week, guessers! And don't forget — incorrect but entertaining guesses might also be rewarded with a trip to the zoo.



Adoptable pets at the St. Johns County Pet Center

CAT OF THE WEEK

Hi there! I'm Kat, a 2 year old female kitty who is looking for a new loving home. I was brought to the Pet Center as



a stray. As this animal was a stray there may be some traits that are unknown at this time. Any new pet being introduced to a new home will need time to adjust to their new environment. Please reinforce house-training and behavioral training and be mindful of interacting with other pets. Come visit us today here at the Pet Center! #27864 Adoption fee sponsored by the Friends of the Pet Center



DOG OF THE WEEK

Hi there! My name is Ralph and I am a 5 year old male lab/hound mix who is looking for a new forever home. Not good

with cats. I was brought to the Pet Center as a stray. I am a very affectionate pet who loves to take walks. I am however heartworm positive so my adoption fee and part of the cost of my treatment will be sponsored by the Friends of the Pet Center. As this animal was a stray there may be some traits that are unknown at this time. Come visit us today here at the Pet Center! #28377 The Pet Center is located at 130 N. Stratton Rd. Hours are Tuesday-Friday, 9 a.m.-4:30 p.m., and Saturday, 9 a.m.-4 p.m. For more information, call (904) 209-6190.

All cat adoptions at the Pet Center are \$20 for males and \$30 for females. Dog adoptions are \$35 for males and \$50 for females. The fee includes neutering/spaying, rabies vaccinations and shots. The Pet Center is located at 130 N. Stratton Road. Hours are Tuesday-Friday, 9 a.m.-4:30 p.m., and Saturday, 9 a.m.- 4 p.m. **For more information, call (904) 209-6190.**



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ZOO Lights



Happy Owlidays.

December 11-13, 18-Jan. 2
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COMMUNITY BRIEF

Beach parking, driving passes now available

Annual passes for vehicles to drive on St. Johns County's beaches are now on sale at all locations of the St. John's County Tax Collector's office. Passes are required to drive on the beaches during the 2016 season (March 1 through Sept. 30, 2016). St. Johns County residents may purchase passes at the preseason rate of \$30, and non-county residents may purchase passes for \$40. Passes for disabled persons are available for \$20. There is no fee for 100 percent disabled military veterans.

Customers will be asked to provide proof of residency (such as a driver's license), as well as proof of disability and/or military status to receive passes at the rates specified.

All fees increase on March 2, 2016, and then no longer will be available at Tax Collector locations. With questions regarding the beach passes, contact St. Johns County Parks and Beach Services at (904) 209-0331. For more information about the St. Johns County Tax Collector's office locations and hours of operation, visit www.sjctax.us or call (904) 209-2250. For beach access updates and beach driving conditions, visit the Reach the Beach Mobile App or www.sjcl.us/beach/index.htm.



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Nease NJROTC dominates at Mandarin Drill Meet

Team qualifies for Florida-Georgia Championships

Scott LaRoche
Community Submission

Nease NJROTC's varsity drill team dominated in Personnel Inspection, Academics, Athletics and Drill to take home the championship at the Mandarin HS NJROTC sanctioned drill meet on Nov. 21 in Jacksonville, beating out 11 other NJROTC units from northern Florida and Georgia.

With the victory, Nease NJROTC has secured its slot in the Area 12 Dill Championships to be held in Georgia on March 5, 2016.

In addition to claiming the overall trophy, Nease picked up first place trophies for Personnel Inspection, Academics, Athletics, Color Guard, Armed Basic Drill, Armed Exhibition Drill, Push Ups, and Sit Ups; second place in 8 x 220 Relay; and third place in Unarmed Exhibition Drill and 16 x 100 Relay.

Several Nease cadets received individual recognition during the competition.

Cadets Marcus Sanders, Scott Cummings and Ryan Berry earned

top honors for Academics, receiving the highest three scores among the 180 competitors.

Cadet Jacob Hunt and Patrick Henkel finished 1st and 3rd respectively in Solo Exhibition Drill.

Cadets Brian Swicegood and Christopher Babcock finished 1st and 3rd in Male Push Ups while Cadets Krista Ecker and Cali Vaughn finished 1st and 3rd in Female Push Ups. Cadet Mac Davis finished 3rd in Male Sit Ups.

"It's great to win this first competition," said Color Guard commander Nolan Alexander. "But we recognize we have a lot of tough training ahead of us to prepare for Area 12 and hopefully (Navy) Nationals."

The Naval Service Training Command in Pensacola recognized Nease as the number 1 ranked NJROTC unit in the nation for 2015.

Other top school in the competition were Terry Parker HS 2nd place, South Effingham HS 3rd place, Coffee County HS 4th place, and Henry County HS 5th place.



Nease NJROTC's Armed Exhibition drill team performs its winning routine during the Mandarin JROTC Drill Meet on November 21.

Photos provided by Nease NJROTC



Nease NJROTC celebrates after being announced the overall champion at the Mandarin JROTC Drill Meet on November 21.

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Sally Sergeant



MANDARIN
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Jayne Young/Gwinn Volen



PONTE VEDRA BEACH
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Patti Armstrong



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Bolles PVB MaliVai Washington food drive yields 10,000 cans

Community Submission

Students on the Bolles Lower School Ponte Vedra Beach Campus collected more than 10,000 cans and nonperishable items for the MaliVai Washington Youth Foundation last month.

A large covered U-Haul truck parked in front of the school was filled to the rim with food, a visual reminder of the hard work students applied toward the charitable undertaking.

The 2015 drive was one of the largest in school history. Students were eager to support the initiative, which also included a fitness participation component.

“Throughout the year, and especially as the holidays approach, Bolles students learn how they can help meet needs in our community,” said Bolles Lower School Ponte Vedra Beach Campus Head Peggy Campbell-Rush.

“This was a success by all accounts, and linking philanthropy and fitness made the undertaking a fun competition.”

More than half of the food col-

lected came from ConAgra Foods, which offered to match students’ collection thanks to the direction of Bolles PVB dad and ConAgra sales manager, Chris Barksdale and wife, Cari.

Bolles parents Stacy and Jim Philip led the food drive challenge.

Coach Melissa Stone directed the fitness portion of the food collection, which required participating students to earn the amount of food they could donate through a running and physical activity challenge.

During early November P.E. classes, students in all grades ran laps for their can donations. Running 13 laps, or a mile, afforded each student the opportunity to donate five cans.

Stone said most students ran more than two miles as part of the challenge.

The Bolles School is a co-educational college preparatory day and boarding school serving students on four campuses in grades pre-kindergarten through twelve.

Visit www.bolles.org for more information.



Photo provided by Susanna Barton

A large covered U-Haul truck parked in front of the school was filled to the rim with food, providing a visual reminder of the hard work students applied toward the charitable undertaking.



Provided by GTMRR

Members of GTM Research Reserve/St. Johns County 4-H Marine Ecology Club.

4-H Team shines at Marine Ecology Event

GTM Research Reserve mentors students on marine and coastal plants, animals and habitats

Community submission

The GTM Research Reserve/St. Johns County 4-H Marine Ecology Club earned first and third place team awards at the statewide Marine Ecology Event recently held in Kissimmee, Fla. Some club members also placed first and second in individual competitions.

“The 4-H Marine Ecology Club continues to be one of our mentoring success stories,” said Michael Shirley, director of the GTM Research Reserve. “The volunteer leaders and the 4-H teams are very dedicated and enjoyed great success at the recent statewide competition.”

Sponsored by the Guy Harvey Ocean Foundation, the competition was divided into five sections: marine and coastal plant identification; marine invertebrate animal identification; marine vertebrate animal identification; natural history scavenger hunt; and knowledge of marine habitats, concepts and issues.

During the awards ceremony, it was announced that the St. Johns County 4-H team received a \$300 Guy Harvey Ocean Foundation grant through the University of Florida/IFAS Extension 4-H Youth Development Program to study “Estuary Restoration through Hydroponically Grown Spartina alterniflora.” The club will be working

with Kenneth Rainer, GTM Research Reserve education coordinator, to grow Spartina alterniflora (smooth cordgrass) hydroponically on different substrates and to plant in an area where there has been erosion. GTM Research Reserve volunteers will serve as 4-H leaders in this joint educational effort.

The GTM Research Reserve is one of 28 National Estuarine Research Reserves across the nation focused on researching, educating and protecting the natural biodiversity and cultural resources within the estuary. It is managed by Florida Department of Environmental Protection’s Florida Coastal Office, in partnership with the National Oceanic and Atmospheric Administration. The Environmental Education Center is located at 505 Guana River Rd. in Ponte Vedra. For more information about the GTM Research Reserve, call (904) 823-4500 or visit www.gtmnerr.org.

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***Alexa Von Tobel** is a certified financial planner, a New York Times bestselling author of “Financially Fearless: The LearnVest Program for Taking Control of Your Money” and is the founder and CEO of LearnVest.com, a financial planning company launched in 2009. LearnVest has been featured in “The New York Times,” “The Wall Street Journal,” “FORTUNE”, “Forbes”, “Fast Company” and “Bloomsberg Businessweek.” Von Tobel grew up in Jacksonville and will be returning to her hometown this week to lecture at The Women’s Board of Wolfson Children’s Hospital Art & Antiques Show taking place Dec. 3-6 at The Prime F. Osborn III Convention Center. Von Tobel will be lecturing Thursday, Dec. 3 at 6:45 p.m. For more information about The Women’s Board of Wolfson Children’s Hospital Art & Antiques Show or to purchase tickets, call (904) 202-2886 or visit www.womensboardwch.com.*

— Carrie Resch / The Recorder

Where are you from originally?

I actually grew up in Jacksonville! I’m a local.

Where do you live now?

I currently live in Greenwich Village in NYC with my husband and 8-month-old daughter Toby.

Did you enjoy your time living in Jacksonville?

I have the absolute best memories of growing up in Jacksonville. My mom, Darlene, and one of my brothers, Travis, live here so I try to come back often! It’s been wonderful to bring my daughter down here to enjoy the warmer weather.

Where did you attend to high school?

I graduated from the Bolles School.

What will you lecture on at the Wolfson Children’s Hospital Art & Antiques Show?

I’m really excited to be part of the show! I’ll spend some time talking about my background, my experience as an entrepreneur, and building LearnVest.

Will this be your first time as a guest speaker at the art show or have you lectured at a previous show?

This is my first time speaking at the art show, and I’m excited to be involved! How could I not take the opportunity to work with such a truly wonderful organization, especially one that is based in my hometown? Also, it was a great excuse to sneak away from the NYC chill and visit my family down here.

How did you get into financial planning? Would you say that it’s a passion of yours?

I’ve been obsessed with personal finance for as long as I can remember. I’ve always known that I wanted to be in control of my financial life. But when I graduated from college, I was immediately inundated with questions like, ‘how many credit cards should I have?’ ‘What goes into a credit score?’ I did my research, and I really felt like I didn’t have access to a trusted, unbiased source of information. I started LearnVest because it was exactly the type of product that I wanted for myself. I’ve always considered myself client number one.

Tell me a little about the company you started, LearnVest.

LearnVest is the fastest growing financial planning company in the country, and we are dedicated to making financial advice accessible, affordable and delightful for families and individuals across the country. We match clients with dedicated LearnVest financial planners, who utilize our unique software to put together holistic financial plans and help them make progress on their money. And, we do this in a new, easy, tech-centric way!

What do you enjoy doing in your free time?

My daughter was born this past spring, so my husband Cliff and I have been busy being new parents! And in general, I love to spend as much time as possible with family and friends. There is no greater way to unwind.

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Nocatee Happenings: The latest news from Nocatee

Del Webb 'celebrates life' with creative event & donation



Photo by Scott Engdahl

Volunteers Blanca Brooks (from left), Chuck Girard and Bev Girard take a break from their duties at Celebrate Life!, held Nov. 14 in the Del Webb community of Nocatee. The first-ever event featured photographs, writings and paintings by Del Webb residents, with a portion of sales going to the Jacksonville Children's Chorus. The event's organizers, Bev Girard, Edith Andersen and Deborah Lightfield, are neighbors in Del Webb. The event raised more than \$3,000 for the chorus.



Photo submitted by Kathy Hartman

Darren Dailey, artistic and executive director of the Jacksonville Children's Chorus, receives checks totaling \$3,047 last month from Edith Andersen, an organizer of Celebrate Life! held Nov. 14 in the Del Webb community of Nocatee. The event featured paintings, photographs and writings by Del Webb residents, with the chorus benefiting from a portion of sales. Other organizers of the first-time event are Deborah Lightfield and Bev Girard.

Breakfast With Santa

When: Saturday, Dec. 12, 7:30 am – 11:00 am

Where: Nocatee Splash Waterpark

What: A **residents-only** visit with Santa & Mrs. Claus

Santa is coming to town and stopping by Nocatee for breakfast! Residents can enjoy breakfast, visits with Santa and Mrs. Claus and kids' activities at Splash Waterpark for this annual Nocatee tradition.

Families will have the opportunity to share their Christmas wishes and have their photos taken with Santa Clause

himself.

This will be a ticketed event with limited seating for Nocatee residents only. Tickets will be \$4/child and \$6/adult and are non-transferable. Seating times include: 7:30 a.m., 8:00 a.m., 8:30 a.m., 9:00 a.m., 9:30 a.m., 10:00 a.m., 10:30 a.m. and 11:00 a.m.

Tickets are currently on sale in the Nocatee Room. Residents must provide proof of residency with Resident Access Card.



Submit to Nocatee Happenings

Do you live in Nocatee, or have you recently attended an event in the community? We welcome your submissions of photos, stories, event listings and more!

If it happened in your neighborhood, we would like to share it!

Please email your ideas and submissions to Kelly McDermott (kelly@opcfla.com) and mention Nocatee in your subject line.



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Thursday, Dec. 3	Friday, Dec. 4	Saturday, Dec. 5	Sunday, Dec. 6
<p>Art & Antiques Show The 39th annual Art & Antiques Show is Dec. 3-6 at the Prime F. Osborn III Convention Center, 1000 Water St., Jacksonville. Show hours are Friday, Dec. 3 from 10 a.m.-3 p.m., Saturday, Dec. 4 from 10 a.m.-5:30 p.m. and Sunday, Dec. 5 from 11:30 a.m.-5 p.m. Thursday, Dec. 3 is a sneak peek and benefactor preview. Daily admission to the show is \$15; lecture tickets are \$30. Tickets are available for purchase online at www.artandantiquesshow.com or by calling (904) 202-2886 or by email at womensboard-wch@bmcjax.com.</p> <p>Life Enrichment Group The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m.-2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email life_enrichmentgroup@yahoo.com.</p> <p>Arbor Terrace Life Enrichment Group The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m.-2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit www.at-pontevedra.com.</p> <p>'Coney Island Christmas' ABET presents "Coney Island Christmas" Dec. 4 & 5, 11-13 and 18-20. Showtime is 8 p.m. for Friday and Saturday night performances; 2 p.m. for Sunday performances. Tickets are \$20 for adults; \$10 for children. The theatre is located at 716 Ocean Blvd., Atlantic Beach. For more information or to purchase tickets, call (904) 249-7177 or visit www.abetttheatre.com.</p>	<p>Small Objects Holiday Art Sale The annual Small Object Holiday Art Sale takes place from Dec. 4-28 at the Cultural Center at Ponte Vedra Beach, 50 Executive Way, Ponte Vedra Beach. Over 30 local artists will be displaying and selling their small hand-crafted art including handcrafted jewelry, glass work, paintings, pottery and more. All items are priced between \$25-\$350. An opening reception will take place Friday, Dec. 4 from 6-8 p.m. For more information, call (904) 280-0614 or visit www.ccpvb.org.</p> <p>Beaches Fine Arts Series concert German vocal group, Calmus, will perform Friday, Dec. 4 from 4-7:30 p.m. at St. Paul's by-the-Sea Episcopal Church as part of the Beaches Fine Arts Series. The concert is free and open to the public. St. Paul's by-the-Sea is located at 465 11th Ave. N., Jacksonville Beach. For more information, call (904) 270-1771 or visit www.beachesfinearts.org.</p> <p>GTMR New volunteer orientation On Friday, Dec. 4, from 10-11:30 a.m., the GTM Research Reserve offers an introduction to the Volunteer program for those who sign up. You'll learn about the background and history of the reserve, volunteer opportunities available to you, volunteer expectations and benefits, and tour the Environmental Education Center. For more information, email Shannon Rininger, volunteer coordinator or contact her at (904) 823-4500.</p> <p>MOSH \$5 Fridays Every Friday, come to MOSH to enjoy \$5 admission and extended hours. The museum will be open late every Friday until 8 p.m. (Note: Additional discounts or coupons are not permitted).</p> <p>First Friday Cosmic Concerts Experience total-sensory entertainment as laser lights, high-def images and digital sound collide to create a Cosmic Concert! The Bryan-Gooding Planetarium rocks with Cosmic Concert laser light shows at 5, 6, 7 and 8 p.m. Tickets are available at www.moshplanetarium.org or at the door. Tickets are \$5 per person per show; laser glasses cost \$1.</p>	<p>Katz 4 Keeps Adoptions/ Open House Katz 4 Keeps is having an adoption event/ open house on Saturday, Dec. 5 and Sunday, Dec. 6 from 11 a.m.-3 p.m. at Katz 4 Keeps, 935B A1A N. in Ponte Vedra Beach (next to Sherwin Williams). For more information, call (904) 834-3223 or email katz4keeps.com.</p> <p>'Christmas Messiah' at PVCH The Ponte Vedra Concert Hall, located at 1050 A1A N., Ponte Vedra Beach, will be hosting "Christmas Messiah," performed by UNF soloists, Chamber singers and Chamber Orchestra, Saturday, Dec. 5. There will be two separate performances – a matinee and an evening performance. Doors open for the matinee show at 2:30 p.m.; show starts at 3 p.m. Tickets are \$15. The evening show begins at 7:30 p.m. with doors opening at 7 p.m. Tickets are sold separately for the two performances. Proceeds from this performance will benefit the Friends of the Ponte Vedra Concert Hall and the UNF Music Department. Tickets can be purchased online at http://www.eventbrite.com/e/messiah-favorites-matinee-performance-tickets-17498441309.</p> <p>Beaches Town Center Holiday Party The Beaches Town Center Holiday Celebration is Saturday, Dec. 5. Activities start at 3 p.m. with a bike parade, musical and dance performances, face painting, crafts, hayrides and more. Santa and Mrs. Claus will arrive by sleigh at 6 p.m. For more information, visit www.beachestowncenter.com.</p> <p>St. Augustine Christmas Parade The 61st annual St. Augustine Christmas Parade is Saturday, Dec. 5 at 10 a.m. The parade features floats, marching bands, antique cars and more. The parade starts at the Mission Nombre de Dios located at 27 Ocean Ave. and ends at the St. Augustine Visitors Center located at 10 W. Castillo Drive. For more information, call (904) 824-4997.</p>	<p>Christmas Tour of Homes The Garden Club of St. Augustine presents the 47th annual Garden Club Christmas Tour of Homes "Christmas in St. Augustine 1565-2015" on Sunday, Dec. 6 from noon-5 p.m. Tour privately owned homes in the historic downtown district of St. Augustine decorated for the holidays by the club. Tickets are \$25 and can be purchased online at www.gardenclubofstaugustine.org or at select retailers.</p> <p>Yappy Hour Christmas PAWty The Yappy Hour Christmas PAWty is Sunday, Dec. 6 from 2-5 p.m. Festivities include decorating a dog ornament, prizes and cash giveaways. There will also be free dog photos with Santa with any \$10 value pet food or treat donation or a \$10 cash donation. Pet photos with Santa are limited to the first 50 dogs. The donations will benefit Animal Care and Protective Services. Yappy Hour takes place at The Jacksonville Landing, 2 Independent Drive in Jacksonville. The events are free and open to the public.</p> <p>Collection Tour Join the Cummer Museum of Art and Gardens us on Sundays for a guided tour of our permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p>Depression Support Group A Depression/Bipolar Support Group meets Sundays from 6-8 p.m. in the Azalea Room at Baptist Beaches Medical Center, South, 14550 Old St. Augustine Rd., Jacksonville. The support group is free and open to the public. For more information, call (770) 403-4991 or email whitneybat76@gmail.com. The group is facilitated by: Georgia State Certified Peer Specialist.</p> <p>Practice with Purpose at Big Fish Yoga Practice with Purpose is an all-level yoga class offered on Sundays from 4-5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga has relocated to the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South 3rd St. For more info, call (904) 372-0601.</p>



Ponte Vedra Inn & Club

**DECEMBER
ACTIVITIES
FOR MEMBERS**

To learn more about enjoying these wonderful events and membership in the Club, please call the membership office at 904-273-7716 or visit www.pvicmember.com

<p>Sunday Brunch Buffet Every Sunday</p> <p>Value Dining Every Sunday evening</p> <p>Bridge Monday's at 12:30 p.m.</p> <p>Lobster Night Every Wednesday</p> <p>Prime Rib Buffet Every Friday</p> <p>Kids' Holiday Activities Saturday, December 5</p> <p>Gingerbread House Decorating Sunday, December 6</p> <p>Member Shopping Day Tuesday, December 8</p> <p>Trivia Night Tuesday, December 8</p>	<p>Spa Boutique Event December 11 & 18</p> <p>Breakfast with Santa Saturday, December 12</p> <p>Holiday Hayrides December 12 & 20</p> <p>"Boyz" Tennis Mixer Wednesday, December 16</p> <p>Holiday Trunk Show Friday, December 18</p> <p>Santa's Workshop Saturday, December 19</p> <p>Candy Cane Wreaths Wed., December 23</p> <p>Christmas Dining December 24 & 25 Saturday, December 26</p> <p>New Year's Eve Saturday, December 31</p>
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The Lodge & Club

**December
Activities
for Members**

To learn more about enjoying these wonderful events and membership in the Club, please call the membership office at 904-273-7716 or visit www.lodgemember.com

<p>Stag's Leap Wine Dinner Tuesday, December 1</p> <p>Kids Yoga Workshop Wednesday, December 2</p> <p>Breakfast with Santa Saturday, December 5</p> <p>Gingerbread House Decorating Saturday, December 12</p> <p>Trivia Night Monday, December 14</p> <p>Book Club Tuesday, December 15</p> <p>Kids Yoga Workshop Wednesday, December 16</p>	<p>Kids Movie Night Friday, December 18</p> <p>Hayrides with Santa Saturday, December 19</p> <p>Santa's Bake Shop Tuesday, December 22</p> <p>Christmas Eve Buffet Thursday, December 24</p> <p>Christmas Day Dining Friday, December 25</p> <p>New Year's Eve Dining Thursday, December 31</p> <p>Polar Bear Plunge Friday, January 1</p>
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Monday, Dec. 7	Tuesday, Dec. 8	Wednesday, Dec. 9	Thursday, Dec. 10
<p>Talk with a Doc Talk with a Doc, "Knee Deep in Discomfort," is Monday, Dec. 7 at 11:30 a.m. Join Dr. Von Thron of Jacksonville Orthopedic Institute to learn about the anatomy of the knee and how this important joint functions. He will discuss common knee injuries, how to prevent them and what the treatment options are for those who are injured. Seating is limited, so reserve your space today at baptistjax.com/ymca or by calling (904) 202-5376. Talk with a Doc will take place at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra Beach.</p> <p>Chanukah Wonderland Chabad @ the Beaches presents the annual Chanukah Wonderland celebration Monday, Dec. 7 at the Cultural Center at Ponte Vedra Beach, 50 Executive Way, Ponte Vedra Beach. The children's wonderland and fun fair takes place from 4:30-6 p.m., followed by a giant menorah lighting with free Chanukah delicacies at 6 p.m. There will also be an arts & crafts fair and an Olive Press Show. The event is free and open to the public. Donations are appreciated. For more information, call (904) 543-9301 or visit www.chanukahwonderland.com.</p> <p>Caregiver Support Group The Players Caregiver Support Group meets every Monday 12:00-1:00 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. It is a great opportunity for caregivers to share resources and ideas. For more information, call (904) 280-3233.</p> <p>Christina Hope exhibition Artwork from Christina Hope is currently on display at the J. Johnson Gallery, 177 Fourth Ave. N., Jacksonville Beach. The exhibition will run through Jan. 21, 2016. For more information, call (904) 435-3200.</p>	<p>Good for You Gathering A Good for You Gathering, "Staying active through the holidays," is Tuesday, Dec. 8 at 6:30 p.m. at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra Beach. Join nurse coach Kym Dunton, RN, as she shares ideas on how to stay moving this holiday season to help keep stress at bay. Light refreshments will be provided. Seating is limited, so reserve your space today at baptistjax.com/ymca or by calling (904) 202-5376.</p> <p>Sunset Rotary Club weekly meeting The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6-7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call Club President Ron Mott at (904) 460-7092 or email HOJRON@aol.com.</p> <p>Palm Valley Farmers Market The Palm Valley Farmers Market takes place every Tuesday from 1:30-5:30 p.m. at the Palm Valley Community Center, 148 Canal Blvd. in Ponte Vedra Beach.</p> <p>SPLASH at PVPC Tuesday evenings, 7-8:30 p.m. the Singles Ministry SPLASH (Single People Loving and Serving Him) gather at Ponte Vedra Presbyterian Church, 4510 Palm Valley Road, Ponte Vedra. All single adults in the community welcome for fellowship, discussions on applying the Bible in our everyday lives along with a light dinner provided by KC's Kitchen. Mission and social opportunities as well. For more information, email julie@pvpc.com or call (904) 285-8225.</p> <p>Habitat for Humanity volunteers Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and we help build them a simple, decent place to live. If you know someone who might benefit from Habitat homeownership, please refer them to our website. To find out more about how you can donate, volunteer, or qualify visit habitatstjohns.org.</p>	<p>Newcomers Monthly Meeting Newcomers of the Beaches monthly luncheon is at 11 a.m. at the Marsh Landing Country Club in Ponte Vedra Beach. Cost is \$23 dollars. Reservations are required. For more information, visit www.newcomersofthebeaches.com.</p> <p>Christmas Bingo for Books A Christmas-themed Adult Bingo will take place Wednesday, Dec. 9 at 3 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach. There is no cost to participate. For more information, call (904) 827-6950.</p> <p>PV Professionals Networking Group The Ponte Vedra Professionals Networking Group meets every Wednesday from noon-1 p.m. at Mulligans, 43 PGA Tour Blvd. in Ponte Vedra Beach. For more information, call Gloria at (904) 635-6103, visit www.pvpng.com, or email pontevedrapng@gmail.com.</p> <p>Ponte Vedra Toastmasters The Ponte Vedra Toastmasters Club offers opportunities for developing your leadership and communication skills. Join us on Wednesdays at The PLAYERS Community Center at 175 Landrum Lane. The meeting starts promptly at 7:30 a.m. and lasts one hour. Want to know more? Contact Lucy Reep at 904-607-3695 or contact-5199@toastmastersclubs.org</p> <p>For The Love of Driving Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. If you are interested, please contact the Mobility Manager at the Council on Aging, 904-315-6505, or email karnold@stjohnscoa.com.</p> <p>Annual Activity Member Become an Annual Activity Member at The Players Community Senior Center! There are so many reasons to become a member: discounts on fee-based classes, designated events and Coastal Travel, complimentary participation in a wide variety of scheduled activities, to name a few! Please call Darlene Mahany at 280-3233 for all the details.</p>	<p>Holiday Open House On Thursday, Dec. 10 from 5:30-8:30 p.m., the public is welcome to visit The Beaches Museum & History Park to share festive cheer and to light up the park. The museum is located at 381 Beach Blvd., Jacksonville Beach. For more information, call (904) 241-5657 or visit www.beachmuseum.org.</p> <p>Good for You Gathering A Good for You Gathering, "Staying active through the holidays," is Thursday, Dec. 10 at noon at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra Beach. Join nurse coach Kym Dunton, RN, as she shares ideas on how to stay moving this holiday season to help keep stress at bay. Light refreshments will be provided. Seating is limited, so reserve your space today at baptistjax.com/ymca or by calling (904) 202-5376.</p> <p>'Christmas Carole' at The Alhambra Beginning Tuesday, Nov. 24, Bruce Allen Scudder's "Christmas Carole" will be performed at Alhambra Theatre & Dining. The play will be performed through Dec. 24. The theatre is located at 12000 Beach Blvd., Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit www.alhambrajax.com.</p> <p>Travel Training Program The Council on Aging announces a Travel Training program designed to assist seniors in learning to ride the Sunshine Bus. If you are curious about expanding your transportation options or you would like to increase your confidence as a bus rider, let one of our trained volunteers assist you in navigating routes, reading time tables and making transfers. If you are interested, please contact the Mobility Manager at the Council on Aging, (904) 315-6505, or email karnold@stjohnscoa.com.</p> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to pvrecorder@opcfla.com, post online at www.pontevedrarecorder.com using the automated form, or call (904)285-8831.</p>

TPC SAWGRASS  *December 2015*
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5:00-9:00 PM
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Sunday, December 13th
Brunch with Santa.
Bring the children to visit Santa Claus as he visits us all the way from the North Pole!
10:00 AM-1:00 PM
\$49.00+/\$18.00++ 6-12 yrs

Thursday, December 31st
New Year's Eve Dinner
Enjoy Chef's specials, champagne & live music with friends and family as you kick off the start to 2016!
5:00-9:00 PM


For complete information on our dining and social events, visit our website at <http://www.tpc.com/sawgrass-dining>.
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For more info or to make a reservation for a Social Event, please contact Cameron Geer 904.543.5105.

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SATURDAY, DEC 5TH
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COMMUNITY BRIEFS

Participants needed for School Board Citizen Advisory Committee

The St. Johns County School District is seeking applicants interested in serving on the St. Johns County School Board's Citizen Advisory Committee (CAC). The CAC will be appointed by the School Board and will monitor and advise the board on the expenditure of funds collected from the half-cent sales tax.

On Nov. 3, citizens of St. Johns County voted to approve a half-cent sales tax for the St. Johns County School District to be used for capital projects including new construction, renovations, technology and safety and security. Collection of

the half-cent sales tax will begin on Jan. 1, 2016 and will be in effect for 10 years. This committee will meet to review the projects and expenditures associated with the critical needs project list published by the school district.

Interested applicants must be residents of St. Johns County. The committee will be geographically diverse and representative of several categories including, community (parents and non-parents), construction, education, finance, planning/design, security, and technology. Applicants work experience, expertise and involvement with public education will be considered.

A maximum of 15 members will be appointed to serve for a two-year term.

Applications must be received by Monday, Dec. 14, 2015 and may be obtained on the school district's website www.stjohns.k12.fl.us/halfcentsalestax or by calling (904) 547-7670.

Free seminar offered next week

A Free Retirement Withdrawals and Required Minimum Distributions seminar will be held at The Ponte Vedra Beach Public Library next week. This information-only workshop will help individuals and couples between the ages of 55 and 75 to learn more about what Required Minimum Distributions are and when are they required. The event is free and seating is very limited. This special event will be held on Monday, Dec. 7 at 6:00 p.m. in the PGA room. Call (904) 834-3544 to make a reservation.

New ABC location open at Sawgrass Village

Orlando-based ABC Fine Wine & Spirits, one of the largest independent retailers of wine and spirits in the U.S., has announced the official opening of its redesigned location in Ponte Vedra. Although the store has been open for business through the construction at Sawgrass Village, starting in November patrons have been able to fully enjoy the more than 12,000 sq ft. of the new structure at 175 Village Main Street.

The redesigned ABC Fine Wine & Spirits, built on what used to be the previous location's parking lot, features

an 18-door beer cooler and offers more than 500 beers, 5,000 wines, 2,000 rare and popular spirits, 400 cigars, gourmet foods, custom gift baskets, glassware and other related items.

"We're thrilled to officially re-open the doors to our Ponte Vedra store and look forward to keep helping our neighbors make all of life's celebrations special," said CEO Charles Bailes, III. "We are eager to bring our very best to this community, a sentiment that drove us to redesign the neighborhood's store."

The store is open seven days a week. All guests must be 21 years of age or older.

Local Realtor closes \$20M+ in October

Twenty-seven-year real estate veteran Missy DeKay reached new career heights by accomplishing a personal record: highest volume in a single month, equaling over 20 million dollars (4 transactions) for the month of October. DeKay is consistently ranked as the top producer in the Watson Realty Corp. Ponte Vedra Beach office, with her annual sales volume averaging \$25 million. This year's production will bring her volume to over \$34 million. Year after year DeKay ranks among the top Realtors in Jacksonville. She is included in the list of top producing associates in the nation according to Real Trends.

To learn more, visit www.watsonrealtycorp.com.

—Compiled by Kelly H. McDermott



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IN REMEMBRANCE

Clarajo Strate Denholm



DEHOLM

Clarajo Strate Denholm, of Jacksonville, Florida, died on Thursday, November 12, 2015, at the age of 92. She was born March 22, 1923, in Keokuk, Iowa, to parents George and Florence Strate, and was the fifth of seven children, George, Russel, Nadine, Muriel, Gordon, and Florence. A graduate of Keokuk High School in 1941, Clarajo went on to attend the University of Iowa. She married James B. Denholm on March 15, 1943. The mother of four, all of whom were involved at some point in the family grocery business at Denholm's IGA, Clarajo was active in the Keokuk community, serving as PTA president and member of the Graham Hospital Guild, in addition to her involvement with Little Theater, Planned Parenthood, and Meals on Wheels. A creative mind, she loved writing, and took great pride in the fact that she worked for a time at the local Keokuk's newspaper, The Daily Gate

City. In 1983, Clarajo and James moved to Ponte Vedra Beach, Florida, where Clarajo was active in the Ponte Vedra Women's Club and Bridge Club. She became an avid painter, taking classes from local artists and creating wonderful paintings, often displayed at local art shows. In 2008, Clarajo moved to the River Garden community, where she continued her artistic endeavors and enjoyed telling great stories from her life, as well as the occasional game of bingo, predominantly for the ability to take her earnings straight to the gift shop for sweets. Clarajo lived a full, creative, and happy life, with ageless skin, kindness always, and an infectious smile. Even in her later years, she was always the first to recognize how fortunate she was, noting that there was nothing wrong with her "but a case of A-G-E." The last of her siblings, she was predeceased by her husband, James (dec. 1989) and son Charles (dec. 2015), and is survived by her son, James Denholm, and daughters Deborah Shaffer (Karl), Georgina Stromberg (Richard), as well as 9 adoring grandchildren and 14 great-grandchildren. A memorial service will be held at The Oaklawn Chapel, 4801 San Jose Boulevard, Jacksonville, Florida

32207, on Monday, December 14, 2015, at eleven o'clock in the morning. In lieu of flowers, donations may be made to River Garden, 11401 Old Saint Augustine Road, Jacksonville, Florida 32258. Hardage-Giddens, The Oaklawn Chapel is serving the family.



Richard D. McLaughlin, Sr.

Richard D. McLaughlin, Sr., 92 of Longwood at Oakmont (formerly of Boston, Detroit, and Florida) passed away on Thursday, November 19, 2015. Loving Husband of the late Leontia (Sacco) McLaughlin. Dear Father of Leontia McLaughlin, Richard D. (Charlotte Behm) McLaughlin, Jr., Joanne Wagner, and Kathryn McLaughlin. Grandfather of Richard Vining, Jonathan Vining, Leontia Vining, Allison McLaughlin, Richard

McLaughlin, III, and Mary McLaughlin, and also survived by several great-grandchildren. Brother of the late John and Robert McLaughlin. Richard proudly served our country during World War II in the Army. He was a proud Catholic, belonging to Our Lady Star of the Sea Catholic Church in Ponte Vedra Beach and attending St. Scholastica for many years. He retired having 20 years of service with Chrysler, as the Vice President, and also serving for 10 years, also as Vice President for Bay Banks in Boston. He enjoyed residing in Boston, Detroit, and also Ponte Vedra Beach, Florida. Friends and relatives are invited to a Mass of Christian Burial on Saturday, December 12, 2015, 1 p.m. at St. Scholastica Catholic Church, 309 Brilliant Ave. Pgh, PA 15215. Donations may be made in his name to American Foundation for the Blind, 2 Penn Plaza, Suite 1102, New York, NY 10121. Arrangements were made by BURKET-TRUBY FUNERAL HOME CREMATION & ALTERNATIVE SERVICES, INC. Oakmont.

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Local kids invited to learn more about honeybees in January

Sarah Red-Laird

Bee Girl, Executive Director

In Jan. 2016, the American Beekeeping Federation will be holding the North American Beekeeping Conference and Tradeshow Jan. 5-9, in Ponte Vedra at the Sawgrass Marriott Golf Resort & Spa. The ABF Conference and Tradeshow gives

hundreds of beekeepers the opportunity to converge in one place and learn the latest information from the honey bee research front, take part in hands-on workshops, and coronate a new American Honey Queen and Princess. There will also be an opportunity for the public to participate.

On Friday, Jan. 8 from 9:00 a.m. to noon,

elementary-aged kids will be welcomed to the resort to participate in the "Kids and Bees" program. This no-charge event has been a tradition with the ABF conference for over 20 years and is an opportunity for school groups, home schooled kids, scouts and clubs. Kids and their teachers or parents can expect a room full of hands-on

activities under the themes of, "The Art of Beekeeping," "The Science of Beekeeping," "The World of Beekeeping," and "The Future of Bees: It's Up to You!"

Favorites such as beeswax candle rolling, bee finger puppet making and hive displays will be there. The highlights this year will be face painting, a photo booth with costumes and an ultraviolet "Bee View" demonstration. Students will make their way through each station, engaging with beekeepers and Honey Queens from around the US, and activities that will harness their senses and imaginations. This event is set up to be self-guided and usually takes kids 30 to 45 minutes to explore all of the stations. Groups are invited to join at any time starting at 9 a.m. until the event closes at noon.

The ABF is a national organization with about 1,000 members that continually works in the interest of all beekeepers, large or small and those associated with the industry to ensure the future of the honey bee. For more information about the ABF, visit www.abfnet.org. RSVP online at www.universe.com/abfkidsandbees. For more information, contact Sarah Red-Laird at sarah@beegirl.org or (541) 708-1127.



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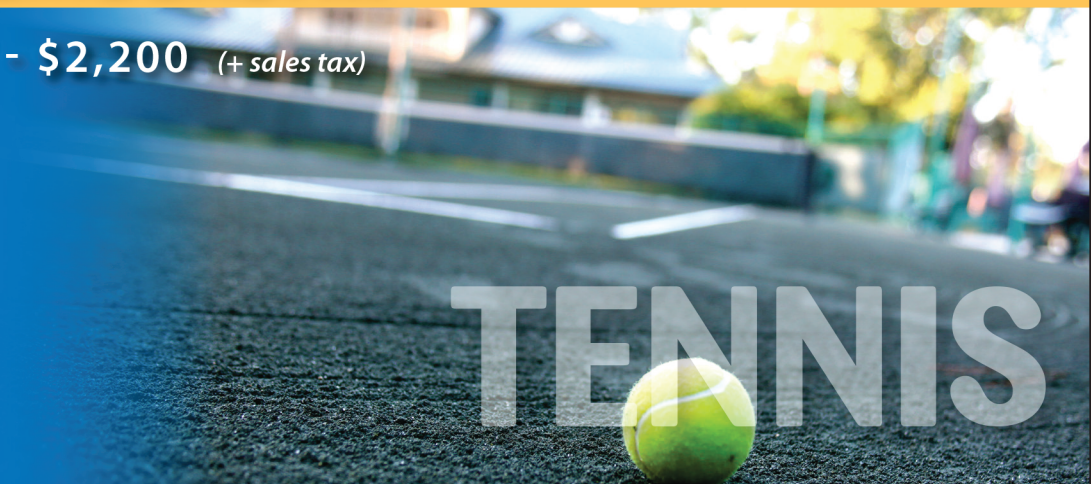
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Health initiative announces progress of Northeast Florida Blueprint for Action

Convening highlights commitments by community stakeholders to lower rates of preventable disease

Community Submission

In late November, the Clinton Health Matters Initiative (CHMI) visited Ponte Vedra to announce progress with their Northeast Florida Blueprint for Action to decrease rates of preventable disease in the region.

In Jan. 2013, CHMI, the PGA Tour and The Players Championship partnered to establish a community transformation region in the five county area of Northeast Florida which includes Baker, Clay, Duval, Nassau and St. Johns counties. According to the Robert Wood Johnson Foundation County Health Rankings, this region is home to both the county with the best health outcomes in the state and one of the unhealthiest. This disparity is reflected in employment, educational attainment, access to healthy foods, and other important assets for community health.

In July 2014, CHMI released the Northeast Florida Blueprint for Action, which outlined community-defined Bold Action Steps that are the basis for driving collaboration, guiding national partnerships and aligning efforts toward building a healthier community for the citizens of Northeast Florida.

"The path to helping everyone live their best life must start at the community level. Communities know and understand best what their residents

need and how to empower individuals," said Rain Henderson, CEO of the Clinton Health Matters Initiative. "Better health is achievable through multi-faceted and multi-sector partnerships like those that have been built in Northeast Florida."

"The idea that you can make progress across the community means that everybody has to be involved and pitch in. That is what is happening here in Northeast Florida," said Tim Finchem, PGA Tour Commissioner.

Impact to date aligned with CHMI's Northeast Florida Blueprint for Action includes:

- More than 16,000 mothers and babies served through the Northeast Florida Healthy Start Coalition and a pilot text messaging system, CareMessage, which works to improve the health and well-being of women during their childbearing years with the goal of reducing health disparities and infant mortality.
- Ten Walgreens Pharmacy locations selling fresh fruit and vegetables in an area of Duval County with some of the greatest health disparities.
- Delivering critical behavioral and mental health services to more than 300 underserved girls and their families through Girl Matters: Giving Girls a Voice, a program of the Delores Barr Weaver Policy Center.
- A 10% reduction in homeless-

ness across the region through Ability Housing of Northeast Florida, including a 24% reduction in veteran homelessness and an 18% reduction in chronic homelessness.

- More than 1,000 participants at STAR student leader workshops as part of I'm a STAR Foundation's work to engage youth, ages 12-18, to create, design, develop, and implement healthy living initiatives in Northeast Florida.

- The One Love Foundation educating, empowering, and activating Northeast Florida's youth in a movement to decrease the prevalence of gender based violence on college campuses using Escalation, a unique and powerful film workshop as a catalyst.

- More than 500 community members coming together to advance research-based strategies for improving children's health and development through the Jacksonville System of Care Initiative, with 10 schools currently engaged in the Child-Friendly Schools initiative.

- Seven county maps that have been updated to reflect available bikeways and greenways as part of Visit Jacksonville's effort to implement a Northeast Florida transportation plan to access education and employment opportunities for its residents.

- An effort to increase substance abuse prevention and mental illness identification training with school counselors, law enforcement, and emergency responders by Drug Free Duval and Nassau Crime and Drug

Abatement, which has established the SBIRT program (Screening, Brief Intervention, and Referral to Treatment). Sixteen state, county, and local agencies across Northeast Florida have been trained in this public health approach to early identification, intervention, and treatment services for people with or at risk of substance use disorders

In Jan. 2016, the Clinton Health Matters Initiative will host its fifth Annual Activation Summit where participants will discuss progress made in Northeast Florida, other communities in which CHMI has developed Blueprints for Action, and ways to improve the health and well-being of people across the country.

CHMI now operates in six communities, including Northeast Florida, the Coachella Valley, Central Arkansas, Greater Houston, Adams County, Mississippi, and Knox County, Illinois. In each community, CHMI publishes a regional Blueprint for Action – a five-year strategic plan, developed with input from over 150 stakeholders in each region, which sets local priorities and outlines action steps to improve health indicators unique to each community. CHMI's community transformation programs are reaching 8 million people.

For more information about CHMI and the Clinton Foundation, visit www.clintonfoundation.org/health-matters. For the latest updates, follow the Clinton Foundation on Facebook ([Facebook.com/ClintonFoundation](https://www.facebook.com/ClintonFoundation)) and on Twitter @ClintonFdn.

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Berkshire Hathaway Homeservices celebrates 'Dream Team' at Jags game

Community Submission

Berkshire Hathaway HomeServices Florida Network Realty recently celebrated with a Team Tailgate party at EverBank Field prior to the Jacksonville Jaguars' victorious prime time game against the Tennessee Titans. The Northeast Florida real estate firm held the event to commend its real estate team and its continuing partnership with Dreams Come True and the Jacksonville Jaguars.

"We are thrilled to sponsor the important mission of Dreams Come True through a collaboration with the Jacksonville Jaguars," said Berkshire Hathaway HomeServices Florida Network Realty Founder, President and CEO Linda Sherrer in a news release. "With the support of our valued customers and our team members, we are helping to make dreams come true for many deserving children in Northeast Florida."

Since 2013, Berkshire Hathaway HomeServices Florida Network Realty has donated more than \$60,000 to Dreams Come True, the First Coast's only locally based nonprofit organization dedicated to fulfilling the dreams of children with life-threatening illnesses. Under the partnership, the company donates a portion from every completed home sale to Dreams Come True.

The funds support Special Times with the Jacksonville Jaguars in conjunction with Dreams Come True. Special Times provide the dream child and his or her family a time to momentarily forget the realities of life-threatening illnesses.

"Our partnership with Dreams Come True and the Jacksonville Jaguars is a natural fit, allowing us to help



Photos provided by BHHSFN

From left, Marisa Mariano (corporate office), Jan Ostler-Walker (Beaches office) and Bekkah Clifford (corporate office).

fulfill the special dreams of children and their families," said Berkshire Hathaway HomeServices Florida Network Realty Broker/Executive Vice President Christy Budnick. "Most importantly, every transaction from our team helps to make an even greater impact on the First Coast."

For more information, visit www.FloridaNetworkRealty.com.



Numerous team members attended the Jacksonville Jaguars game against the Tennessee Titans.



Team members attending included (from top) Lisa Barton (Ponte Vedra Beach office), (middle row) K. Jennifer Cook and Stefanie Bernstein (St. Augustine office) and (bottom row) Stacey Scanlan (St. Augustine office).



Photo by Carolyn Allen

Rick Scott visits St. Augustine Distillery

Florida Governor Rick Scott visited the St. Augustine Distillery on Friday, November 20 to meet with the company's co-founders, Philip McDaniel and Mike Diaz, to discuss job creation and recent legislative changes that are helping craft distilleries across the state. Pictured are Gov. Scott with St. Augustine Distillery staff, St. Augustine Mayor Nancy Shaver and City Manager John Regan. The St. Augustine Distillery is located at 112 Riberia St. and is open for tours seven days a week. Visit www.staugustinedistillery.com for more information.

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Sugar & Spice

Annual gingerbread unveiling a Beaches tradition

By Carrie Resch
The Recorder

The annual surprise gingerbread unveiling at One Ocean Resort and Spa took place Wednesday, Nov. 25. Each year, the resort keeps the unique creation under wraps and unveils it in front of a crowd of gatherers.

This year marked the eighth annual unveiling, and like the creations before it, this the 2015 gingerbread display showcased a massive undertaking of creativity and execution. This year's creation features a scene from the elves' cottage on Christmas Eve with Santa's helpers Hollie and Day getting ready for bed and Santa's return.

Past gingerbread creations have included an igloo, a model of One Ocean Resort and Spa and the North Pole. The gingerbread display can be seen through New Year's Eve. This year, is partnering with the Jim & Tabitha Furyk Foundation for the foundation's Blessing in a Backpack program. Guests are encouraged



Chef James Victorino, preparer of this year's gingerbread creation, with One Ocean Resort and Spa employees Sharena Constantino, Melissa Bathen and Jackie Pasquale.

to donate goods such as boxed stuffing, canned vegetables and instant potatoes for local families in need.

One Ocean is located at One Ocean Blvd., Atlantic Beach. For more information, call (904) 249-7402 or visit www.oneoceanresort.com. For more information about Blessings in a Backpack or the Jim & Tabitha Furyk Foundation, call (904) 735-0624 or visit www.jimandtabithafurykfoundation.com.



Photos by Carrie Resch

The annual One Ocean Resort and Spa's gingerbread unveiling took place Nov. 25. This year's scene features elves Hollie and Day getting ready for bed at the Elves' Cottage while Santa's feet can be seen dangling from the chimney.



The Jacksonville Children's Chorus performed holiday favorites for the gatherers at the gingerbread unveiling.

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PVB Division Chamber After Hours at Arbor Terrace

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce hosted a “Chamber After Hours” event on Weds., Nov. 18 at Arbor Terrace. The event, sponsored by Arbor Terrace, offered chamber members a chance for networking and socialization with complimentary hours d’oeuvres and refreshments.

Arbor Terrace, located at 5125 Palm Valley Rd. in Ponte Vedra, is an assisted living and memory care community for seniors. To learn more, visit www.arbor-company.com/location/ponte-vedra.



Robin Giddens-Sheppard, Lucia Miller, Melissa Landoll, Sandy Kavanaugh and Kari Zerrahn

Photos by Susan Griffin

Reprogram yourself for success in new year

Wellness expert says mind, body and spirit can work together to help you replace bad habits with good

Some people start each day with an early morning jog. Others begin with a cup of coffee and a donut.

“Everyone knows that people are creatures of habit,” says wellness expert Scott Morofsky, author of the books “The Daily Breath: Transform Your Life One Breath at a Time” and “Wellativity: In-Powering Wellness Through Communication” (www.Wellativity.com).

“But too often, the habits we nurture are laziness, procrastination, self-serving biases, justification and rationalization.”

Such behaviors put people on a path to destruction, all the while making them look forward to the trip, he says. In the process, they are robbed of essential happiness and joy.

The trick to improving isn't just by ridding yourself of habits, he says, but by replacing the bad ones with good ones.

“I really believe people can use practical methods to reprogram themselves for life-enriching habits and overcome any affliction they suffer from,” Morofsky says. “After all, we all know the things that hurt us and we know that we shouldn't be doing those

things. So why don't we stop? Because we don't know how to go about making these changes happen.”

For Morofsky, the key is for people to become conscious of something they take for granted – breathing. By conditioning yourself to improve the quality of your breathing, you do a better job of taking in oxygen. A lack of sufficient oxygen in our cells is known to contribute to many health issues, he says.

“The important thing to remember is you don't need pills, potions, gadgets or gizmos to make a change for the better happen,” Morofsky says. “Your desire for a better life and a system that helps you achieve it are all you need – if you're willing. It's a matter of getting your mind, body and spirit working together in a practical way.”

He offers these tips to get started going into the New Year:

- Conscious breathing. Morofsky made conscious breathing the centerpiece of Wellativity, which is what he calls his personal

SUCCESS continues on **Page 31**

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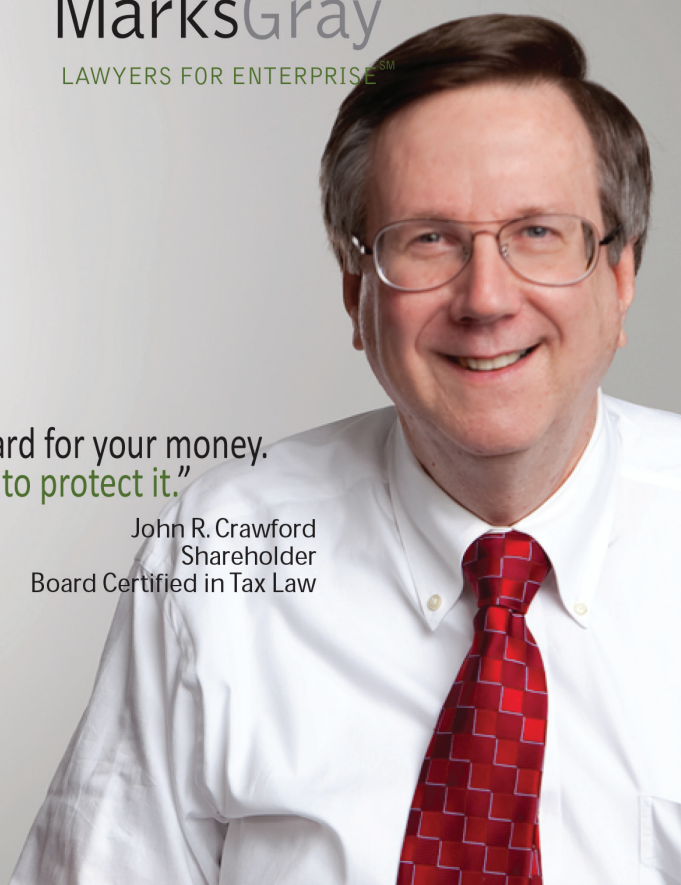
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Seniors often in denial about hearing loss: Are you one of them?

BPT

“Excuse me, can you say that again?” If this sounds typical, you’re not alone. Hearing loss is the third most common health problem in the U.S. with more than 40 million people suffering from it to some degree. Despite all this, only 30 percent of Americans with hearing loss (most of whom are seniors) seek treatment.

To find out why, the manufacturer of Siemens hearing aids polled several hundred seniors at a national conference. Despite most of them admitting to having hearing loss, the survey found seniors are quite passive about



their hearing health.

About one third of respondents admitted to having their hearing checked only once or twice in their entire life.

When visiting their doctor, hearing was the least likely routine health check received - tied with a colonoscopy.

Seniors struggle with perceptions

Seniors completely overestimate how others will react to them wearing hearing aids, according to the data. The majority (51-67 percent) said they don't wear hearing aids because they fear others will perceive them as “old, feeble or kind of dorky.” Some worry that wearing hearing aids will make them stand out in a crowd in a negative way. Ironically, the vast majority of seniors are not judgmental of another person wearing hearing aids.

Many respondents are also in denial over the social repercussions of their hearing loss. One in four said they

don't want to interact with someone who continuously asks them to repeat themselves, citing that person as “annoying.” Yet, when the situation is reversed, most seniors think it's perfectly acceptable if they are the ones doing the repeating.

“What I find so interesting is seniors' perceptions of what makes them look old,” says Emmalyn Loeffler, Au.D., manager of audiology for Sivantos, Inc. “While only one in seven seniors with hearing loss wears hearing aids, 50 percent of seniors admitted to having

HEARING continues on **Page 25**

Customized knee implants offer advantages to patients

BPT

By 2030, the number of people turning to knee replacement surgery to end pain and regain mobility will likely increase to 3.5 million annually, according to the American Academy of Orthopaedic Surgeons. For many patients, recovery from knee replacement surgery is painful and slow, and the results are often not what people expect. Multiple clinical studies have found that on average one in five patients who have a knee replacement are dissatisfied with the result because of pain after surgery or because their new knee feels unnatural.

Seventy-two-year-old Ohio resident Tedd Boomershine went from running daily to having trouble walking and completing day to day tasks. When the pain became so severe it was debilitating, he decided to look into replacement surgery for both of his knees. His doctor told him about his options, including a customized implant from ConforMIS, Inc. called iTotal(R) that is now available for total knee replacements. He liked the idea that the implant would be specifically designed to fit his anatomy based on a CT scan of his knees.

“I had no second thoughts about surgery at all. I wanted to get back to my active lifestyle and enjoy my evening walks with my dog, Stella, again,” says Boomershine. “Two weeks after my bilateral surgery with the ConforMIS customized knees, I was walking without the assistance of a cane or a walker and I was able to drive. Now after

KNEE continues on **Page 35**



Steps to ward off a second seizure

BPT

Seizure. You've heard the word before, but do you know what it means or why a seizure occurs? Seizures are caused when there is abnormal activity in the brain. Brain cells called neurons use electrical energy to convey messages to one another, and when this electricity goes awry, a seizure can occur. For some people, a seizure is a one-time event but the risk of a second seizure often exists, and experiencing one is more common than you may think.

Millions of Americans experience a first seizure every year, and one in 10 people worldwide will experience a first seizure in their lifetime. Experiencing a seizure can be frightening, and the victim may feel confused or lose

the ability to communicate. There is also the potential for physical damage and injury due to muscle spasms or falls, and in rare cases death can occur.

To avoid experiencing a second seizure and its negative effects, proper treatment of the first seizure remains essential. To this end, the American Academy of Neurology and the American Epilepsy Society have released a new guideline based on the best available evidence for identifying risk factors for and determining whether to treat a first, unprovoked seizure in order to ward off a second.

Identifying risk factors

According to the guideline, a person's risk of experiencing a second seizure in his or her lifetime depends

on several factors, including his or her background and health history. Research shows that the risk of experiencing a second seizure is greatest within two years of experiencing the first and, depending on health history and other considerations, this risk can be anywhere from 21 to 45 percent.

Risk factors that increase the probability of a second seizure include pre-existing brain problems caused by a head injury, stroke or brain tumor, or having EEG test results that show signs of epilepsy. Some research also shows that people who experience their first seizure during sleep or who show significant abnormalities on brain imaging tests are also at higher risk.

SEIZURE continues on **Page 35**

Keeping your retirement money safe

Don't assume industry standards are always what's best, financial planner says

Don't be so quick to simply accept what a financial advisor offers for your retirement – that's the takeaway from multiple red flags since the 2008-09 economic crisis.

First, there's an important difference between advice that's "suitable," called the suitability standard, and what's best for an advisor's client, called the fiduciary standard. As reported in PBS's "Frontline," just 15 percent of financial advisors met the "what's best for the client" standard as recently as 2013. The majority fit into the suitable category – the bare minimum in professional qualifications – which often translates into the sale of financial products.

This year, the President's Council of Economic Advisers estimated that non-fiduciary advice costs Americans 1 percentage point of their return annually, which amounts to \$17 billion each year.

"But that estimate is probably just the tip of the iceberg, because the consequences of non-optimal advice for retirement planning are hard to

quantify," says Casey B. Weade, a retirement-planning professional and author of the book "The Purpose-Based Retirement" (www.thepurpose-basedretirement.com).

"Let's be clear: There is no silver bullet when it comes to retirement planning. Each individual and family requires a tailored plan based on their wealth, needs and goals. However, an advisor who is professionally required to meet your best interest, and not a minimal one, is a good place to start."

Weade says the single-most important factor in keeping one's retirement money safe is having the involvement of a third-party custodian, an entity independent of an individual's financial planner.

"I've dealt with dozens of cases in which people had been scammed, and each one lacked a third-party custodian," he says.

He reviews the role of these custodians and the associated multiple benefits.

- Third-party custodians: Bernie Madoff is arguably the most villainous

name today in finances. He's currently serving a 150-year sentence for scheming billions of dollars from his high-wealth clients in a Ponzi scheme. He was able to get away with it by acting as his own custodian, a financial institution that holds customers' securities for safekeeping so as to minimize the risk of their theft or loss. Custodians tend to be large reputable firms because of the high volume of money they deal with. Always make sure that your financial advisor is not the same as your custodian.

- Reduced opportunity: When your advisor uses a custodian, he or she will never directly touch your checks, deposits or withdrawals. While your advisor can be given authority to make withdrawals, those withdrawals may be directed only to another account of yours, or sent by check to your address of record. If withdrawals are directed elsewhere, they will require your signature, and the custodian is responsible if funds leave your account due to a forged signature.
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fraud: Custodians use advanced technology to detect signature fraud. The custodian will reject a signature and request verification if it fails authenticity checks performed by the custodian's signature matching technology. This detection process is very sophisticated and doesn't rely on the quick glance of a human eye to determine if the signature presented doesn't match previous signatures on file.

- Insurance: Custodians carry large insurance policies – both liability insurance to protect against errors and omissions, in case unauthorized transactions occur, SIPC insurance for undirected transactions, and FDIC coverage for cash positions.

- Duplicate statements: While your advisors may send you a summary of investments from time to time, you should receive a summary of your investments directly from the firm where your assets are held. Otherwise, unscrupulous and criminal advisors like Madoff may scheme by generating their own fraudulent statements and send them to you.

Hearing

Continued from 24

procedures more commonly associated with vanity, such as getting Botox injections."

Outdated views of hearing aids

Another common concern among seniors is the perception of hearing aids themselves. Many still view hearing aids as large, clunky devices that simply amplify sound. According to Dr. Loeffler, this is no longer the case.

"We refer to today's hearing aids as 'smart' because they automatically adapt to your environment, learn your preferences, and intelligently focus on sounds you really want to hear. Most people can't even tell you're wearing them and some are even invisible when worn," she says.

Survey respondents were asked what new features and capabilities they would like to see added to hearing aids, and their answers reflected today's technology-driven society:

- 73 percent would like rechargeable batteries
- 63 percent suggested adding wireless connectivity
- 54 percent want hearing aids to be water and dirt-proof for outdoor use
- 51 percent would like to control their hearing aids via a smartphone app

Many benefits to treating hearing loss

According to Dr. Loeffler, seniors who regularly have their hearing tested and are proactive in trying to address hearing loss are better able to maintain active social lives, extend their careers, and receive diagnoses of potentially more serious medical conditions early. Moreover, leaving hearing loss untreated makes it difficult to understand and follow a doctor's advice, respond to notifications and alerts (e.g., doorbells, car horns), or enjoy conversations

with friends and family. All of these outcomes are frustrating and embarrassing, and some could be dangerous. Rather than ignoring hearing problems, Dr. Loeffler recommends the following:

- Be proactive about getting your hearing checked. Ask your doctor to test your hearing during your yearly checkup to be sure there are no changes. Medicare guidelines will cover diagnostic hearing exams if your physician suspects a problem, so if you are Medicare-eligible, your exam should be covered.

- Baby boomers and seniors are concerned about staying and looking young. One of the best ways to accomplish this is to wear hearing aids to treat hearing loss. Remember, hearing aids don't make you look old? not wearing hearing aids when they're needed does.

- Stay socially active. A simple and painless hearing test can help avoid the irritation that arises from asking others to repeat themselves when you can't hear. This will benefit you socially and in your career, if you're still working.

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Smarter ways to manage menopause

BPT

Did you ever wonder whether cavewomen went through menopause? The answer is no. Why not? Because their life expectancies were too short. But for those of us who live long enough (typically beyond the age of 50), menopause is a fact of life.

The good news is we know more about menopause and its symptoms and have more and better options for managing it than ever before. Part of the reason we know more is that, finally, menopause has come out of the closet. Thanks to such organizations as The North American Menopause Society (NAMS), not only is there more information available, but women are actually encouraged to talk about their symptoms and share their menopause experiences with their clinicians as well as with their colleagues and friends.

Simply Google “menopause” and you’ll find volumes of information on the subject. One of the more frequently visited sites is menopause.org, which contains scientifically based information designed to help women make smarter health care decisions, not only about menopause, but also about other common midlife women’s health issues.

“Women have more choices today than ever when it comes to managing their menopause symptoms,” says Dr. Wulf Utian, executive director for NAMS. “However, more options can sometimes lead to more confusion. And that’s why we encourage women to have open dialogues with their clinicians from whom they can obtain facts, not myths. That’s also why



NAMS recently updated “The Menopause Guidebook.” Now in its eighth edition, the Guidebook provides a comprehensive look at menopause by providing answers to commonly asked questions, as well as tips for best management practices.”

Because the Guidebook was created by medical practitioners who specialize in the study and management of menopause, it provides practical and proven recommendations that reflect the latest medical advances and scientific studies. In it, women will learn about:

- The benefits and risks associated with hormone therapy
- Information on nonhormone and hormone options used to manage symptoms such as hot flashes
- Treatment options for the genitourinary syndrome of menopause (GSM), the thinning of the vaginal walls that can, among other problems, lead to

painful sexual intercourse and decreased desire

- The latest FDA-approved options for managing menopause symptoms
- Risks associated with the use of bioidentical and compounded hormones, which are not regulated or approved by the FDA
- Prevention techniques and strategies for managing a wide array of common health problems during a woman’s midlife, including osteoporosis, cardiovascular disease, and diabetes
- The latest nonpharmacologic solutions and products for hot flashes, as well as lifestyle changes that have proven effective in lessening hot flashes and night sweats

“Women have traditionally viewed menopause as a dreaded phase of their lives and believed they had little control over it,” says Dr. Utian. “However, through resources such as the menopause.org website and the Guidebook, we are looking to educate and empower women so that they can better control their symptoms and actually thrive during this life stage. The more women know about what is happening to their bodies and understand their options, the better choices they can make about treatment and lifestyle.”

Although menopause symptoms occur year-round, there is an increased focus on menopause and its management during the month of September, which has been designated as Menopause Awareness Month. To order a copy of “The Menopause Guidebook,” visit www.menopause.org/gb8.

7 tips to avoid lottery scams

BPT

You think this is the happiest day of your life. Before you is a letter, email or text message informing you that you’ve just won the lottery. You might even receive a check with the letter stating it is part of your winnings. The communication states all you have to do is pay the processing fees or taxes and provide proof of your identity - and then the money will be yours. It seems too good to be true.

That’s because it is.

What you are looking at is the first correspondence of a lottery scam, intent not on giving you the money it promises, but instead on taking as much of your money or personal information as possible. Thousands of people each year fall victim to scams such as these, and scammers are constantly altering the ploy to keep it new in the hopes of tricking people just like you.

The good news is there are some things you can do to help protect yourself from falling victim to a scam. Keep these tips from Western Union in mind:

- Never hand over your personal information. If the correspondence starts asking for personal information, this should be your first clue that it might

be a scam. Never provide your personal and banking information to people or businesses you don’t know.

- Never send money to someone you have not met in person. Western Union Money Transfer is a great way to send money to friends and family near and far, but you can be at risk of becoming a victim of fraud if you do not know the person you are sending the money to.

- Look for unprofessionalism. Many scammers give themselves away with the nature of the letter, email or text they send. If the message is poorly written, contains typos or sentences that lack professionalism, it has the red flags of a scam.

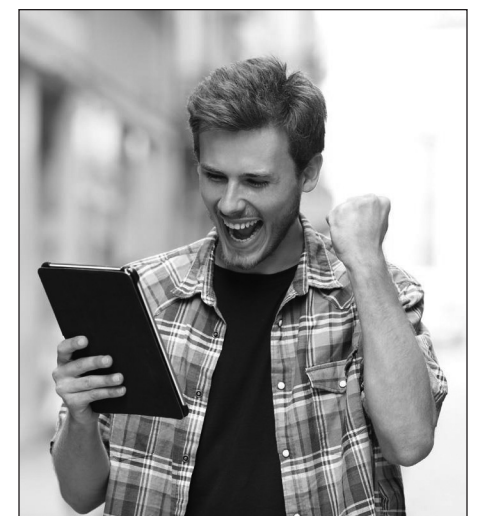
- Always avoid foreign lotteries. Many lottery scams offer high dollar winnings to the recipient from a foreign lottery. This is most likely a scam. Furthermore, playing legitimate foreign lotteries via the mail or over the telephone is illegal under Federal law.

- Look for that personal touch. If the letter, email or text claims you’re a winner, then they should know who you are. Look for the personal touch in the correspondence. How does the communication start? Is your name included? Is it spelled correctly? Or does the message begin with a more general

‘Hello’ or ‘Dear Valued Customer.’ If the header is general like this, it is because it has been sent to millions of other people, too, promising each that they have won as well.

- Remember the rules of the lottery. Many scams can be spotted immediately because they do not clearly disclose the terms and conditions, including the rules and how to claim your winnings. You will never have to pay money in advance if you’ve won a legitimate lottery. If you received a check with the lottery letter and deposited it into your bank account, never send funds from the deposited check until it officially clears, this can take weeks. Under Federal Law, financial institutions have to make the funds available to account holders within days. Just because the money is available in your account, doesn’t mean the check is good. Lastly, always remember that in order to win a lottery, you must enter in the first place.

- Call for help. If you fear you have been scammed, don’t wait to find out - take action immediately. If you believe you have been a victim of fraud using Western Union, call Western Union’s fraud hotline at 800-448-1492. Additionally, contact authorities and other



applicable financial institutions and notify them you think you’ve been the victim of a scam. If you sent a money transfer through Western Union and it has not been paid, you can generally receive a refund. Once the scammer picks up the funds, the money is gone and you generally may not receive a refund.

Good, smart people across the country fall victim to scams every single day because they get swept up in the excitement of the message in front of them. If you receive a claim of lottery winnings, take a step back and look at the situation rationally; if it’s too good to be true, it probably is. To learn more about how to protect yourself from lottery scams, visit www.WesternUnion.com/stopfraud.

Free support program offered to African-American dementia caregivers

FSU recruiting caregivers for faith-based project that builds skills and provides support

Community Submission

Alzheimer's disease and other dementias are tough on patients but also on caregivers, especially African-American

icans. Now Rob Glueckauf, a Florida State University College of Medicine professor, is offering a new approach that he hopes will benefit numerous

caregivers. And it's free.

His two-year project is called ACTS 2 (African-American Alzheimer's Caregiver Training and Support Project 2). In

past years, ACTS 1 demonstrated that telephone counseling is just as effective as in-person counseling in relieving caregivers' stress and providing support. Telephone counseling is also more convenient, especially for those with transportation challenges.

ACTS 2 builds on those results by providing caregivers the opportunity to receive skills-building and support from lay pastoral care workers from the African-American faith community. Among adult caregivers who experience emotional distress, African-Americans are twice as likely as non-Hispanic whites to seek assistance from faith ministries. They perceive less of a stigma there than in seeing a professional counselor.

"Our hope is that ACTS 2 in the long term will become part of the fabric of health-related services offered by the African-American faith community," said Glueckauf, a faculty member in the Department of Behavioral Sciences and Social Medicine.

For his project, he's seeking African-American adults who provide direct care for a loved one with dementia



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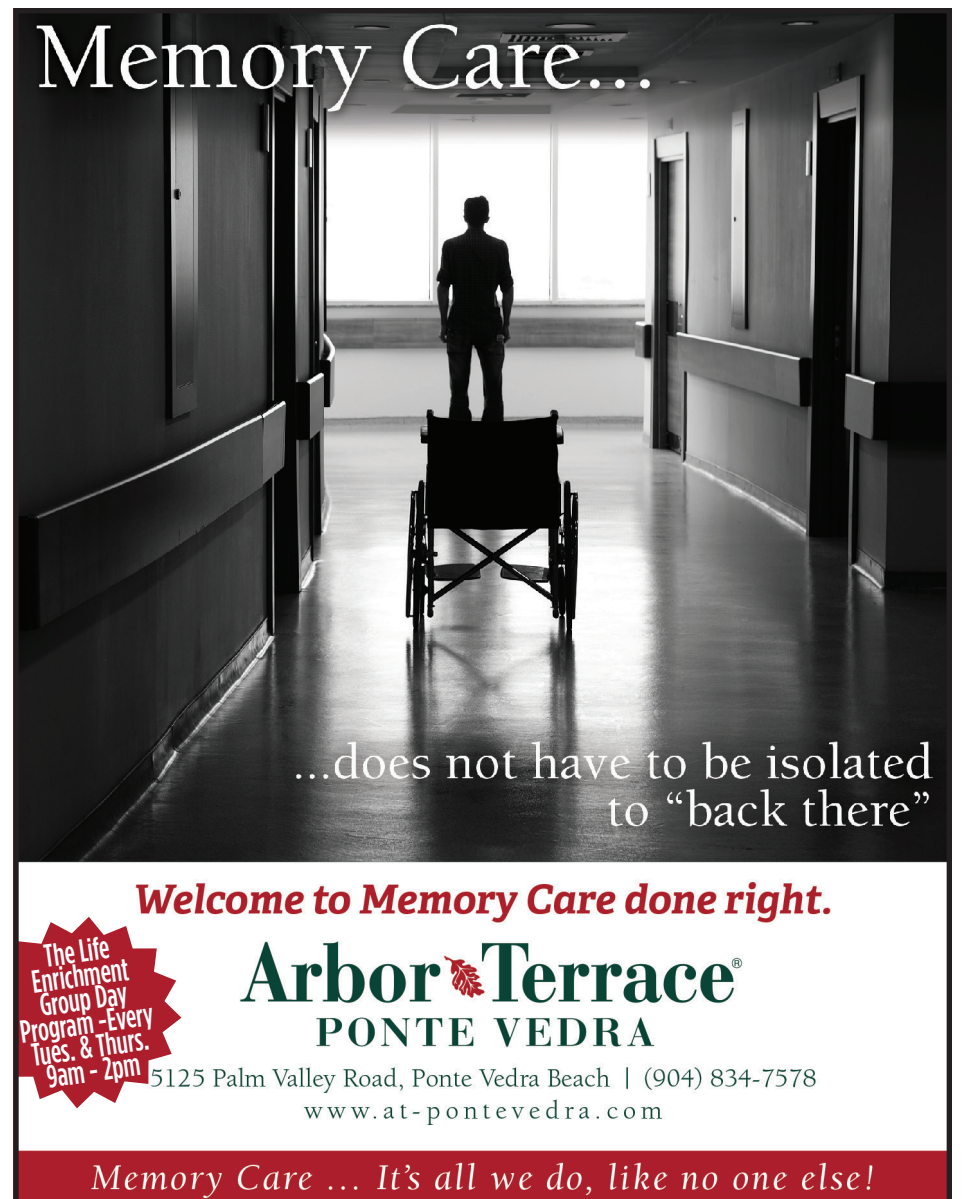
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Help at home for the holidays

FirstLight HomeCare offers 'Holiday Helpers' to tackle to-do lists

Community Submission

It's the "most wonderful time of the year" – and also one of the busiest.

Those few, short weeks from Thanksgiving to New Year's are often packed with family get-togethers, festive celebrations... and lots of scrambling to make it all happen. To help First Coast families limit their seasonal stress and enjoy the holidays more, FirstLight HomeCare is offering "Holiday Helpers" to take some of those pesky holiday chores off people's plates. FirstLight's Holiday Helpers are available to tackle those tiresome to-do lists, including:

- Cleaning and decorating the home
- Shopping for and assisting with holiday meal preparation
- Addressing and mailing greeting cards
- Wrapping gifts
- Taking packages to the post office
- Picking up stocking stuffers
- Providing transportation to holiday-related activities

"Everyone loves the holidays – but with all of the tasks and preparation required, there never seems to be enough time to slow down and actually enjoy them," said FirstLight HomeCare owner Jennifer Logue. "FirstLight's Holiday Helpers can take those tedious tasks off your to-do list and give you more time to spend with family."

FirstLight is a state-licensed home care agency, Logue noted, and as such all of its employees are bond-

ed, insured and have undergone extensive background screenings. In addition, all of its Holiday Helper services are included in one flat hourly rate of \$20 an hour.

"Hiring a Holiday Helper is really a gift you give yourself and your family," Logue said, "letting you enjoy both 'Peace on Earth' and peace of mind."

To schedule a Holiday Helper visit or for more information, contact FirstLight HomeCare at 904-770-3220 or visit www.firstcoast.firstlight-homecare.com.



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1. Become a fixture at your local rental store

Stop scouring the house for enough chairs to seat everyone, agonizing over not having enough tables, or worrying which of your grandmother's prized china dishes will crash to the floor during this year's party. Renting the items you need spares you the time, logistical challenges and expense of buying or borrowing. What's more, you don't have to worry about where you'll store rarely used items - such as chafing dishes or linens - from year-to-year.

Local rental stores carry a range of products perfect for holiday gatherings, such as tables and chairs, dishes and silverware, warming trays, lighting, centerpieces - even portable dance floors. To find an American Rental Association member store in your area, visit www.rentalHQ.com. Just remember to contact them and reserve your items early, as the holidays are a busy time for rental stores.

2. Take a shortcut to menu planning

Your guests can only eat so much turkey, ham, green bean casserole and fruitcake; you'll need to flesh out your menu, even though you may not have the time to be creative. Figuring out what to make besides the must-have traditional favorites can be a drag, but an online search can make the task easier.

A plethora of websites offer not just great recipes to try, but entire suggested menus. Some smart online searching can yield a host of ideas, even if you're hosting people with special dietary needs, like vegan or gluten-free. Some sites even allow you to plug in preferred ingredients, dietary restrictions, etc. and have a menu generated for you.

4. Tactics for easier decorating

Unless you started a week before Halloween, you may not have the time to decorate the whole house from top to bottom like something out of a home decorating show. Instead, decorate wisely and time-efficiently by focusing your attention on key areas guests are most likely to see. A great entryway sets the mood, and a well-decorated kitchen and dining room evoke a festive atmosphere. Don't overlook the powder room! A scented candle on the vanity and some sleigh bells on the doorknob are both decorative and practical. And go ahead and buy that pre-lit Christmas tree - you'll save scads of time not having to untangle lights and get them in just the right spot on the tree.



Bust holiday-hosting stress with party-planning tactics

BPT

When it comes to holiday get-togethers, no mood-killer is worse than a stressed-out host or hostess. Your guests may be willing to brave snowy roads, low temperatures and the fruitcake they know you'll serve, but if you're too frantic to enjoy their company, they won't

enjoy yours, either.

This holiday season, try some stress-busting tactics to ensure you stay calm, your party runs smoothly, and your guests arrive to a warm welcome. Here are five ways to minimize party-planning, prep and presentation stressors:



3. Cheat shamelessly on food prep

In a perfect world, your holiday meal prep would run like a precision instrument, and all your dishes would be done at exactly the same time and arrive on the table at the same moment. Who lives in that world? In reality, making food a day or two - or even a week - ahead, freezing it, and heating it when you need it is a much smarter way to get everything on the table in a timely manner.

Or, you can buy prepared items from your grocery store - like brown-and-serve rolls, cook-and-serve sides, etc. - and "doctor" them to be more like your own. Another option is to supplement your own cooking with a dish or two from your favorite restaurant. Or, you can go all-out and have the entire affair catered.

5. Simplify your spirits

You could make yourself crazy trying to prepare for everyone's spirit wish list - but don't! Simplify your beverage service with one good red, a fine white, and one each of a domestic, imported and light beer. If you must serve cocktails, wow your guests with a single "signature" holiday cocktail that's easy to whip up. You can find plenty of holiday cocktail ideas online.

Staging a holiday celebration doesn't have to be stressful, if you use resources like rental stores and pre-made items and ideas to make the task easier. So, invite your guests and enjoy their company during the holiday season.

Success

Continued from 23

method for helping people overcome afflictions such as obesity, smoking, lethargy, eating disorders and any other behavior that inhibits wellness. This is much like the advice people hear their entire lives to “take a deep breath” when they face stressful moments. “The core focus is conditioning ourselves to stay as connected to conscious breathing as possible and to clear away anything negative or detrimental,” Morofsky says. Breathing awareness in itself helps reduce bodily tension, improve rational thinking and increase oxygen to the entire body.

- All in good time. One of the most

common pitfalls people face when they want to improve their lives is trying to do too much too soon, Morofsky says. That’s especially true with exercise or physical fitness programs, but it applies to other areas of life as well. It’s fine to be ambitious about trading bad habits for good, but don’t set yourself up for failure by creating unrealistic goals.

- Healthy boundaries. When you are establishing a healthier lifestyle, it’s important that you have healthy boundaries. “An alcoholic in recovery shouldn’t join the crowd at the bar while waiting for a dinner table,” Morofsky says. “A person with a gambling problem shouldn’t vacation in Las Vegas. As much as possible, when you are trying to trade bad habits for good, put yourself in the best position to be successful.”



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Renovating to age in place?

Focus efforts and budgets on bathrooms and kitchens, experts say

BPT

No one relishes the prospect of having to move out of his or her home due to age-related health, mobility or dexterity issues. In fact, more than half of homeowners 60 and older say they intend to stay in their current homes indefinitely, according to a recent survey by Houzz. Fortunately for people who want to stay put, a range of home improvements can make it easier to remain in your home as you grow older.

In fact, 60 percent of those who plan to age in place already made renovations in 2014, and 52 percent plan to renovate this year, Houzz found. What's more, if cost is what's holding the handful of non-renovators back, targeting key areas like bathrooms and kitchens can improve a house's long-term livability even on a modest budget, says Lee Saunders, founder of Adapted Living, a California-based company specializing in aging-in-place design work. Founded in 2007, the company has helped thousands of homeowners redesign their houses to facilitate aging in place.

"We've seen steadily increasing demand for this kind of design work and products," Saunders says. "The growth in the industry and availability of products has been huge. Today, the biggest challenge we have is getting people to understand they don't have to settle for an industrial or commercial look in order to renovate their homes for aging in place."

Chris Peterson, a regional sales director with Saniflo, agrees. His company makes a number of above-floor plumbing options designed to work in spaces where traditional plumbing is problematic. As the aging-in-place trend has grown, the company has seen increased interest in its products among older homeowners who are renovating.

"Budget is typically a consideration for these types of projects and above-floor plumbing is often more cost-effective than traditional plumbing for homeowners who need to add or relocate a bathroom or reconfigure a kitchen," Peterson says.



Homeowners can maximize the value of their renovation dollars by focusing their aging-in-place improvements on bathrooms and kitchens, Saunders adds.

Better function in bathrooms

Often when people develop mobility or dexterity issues, they find their existing bathrooms are not in a convenient location in the house, or aren't configured with safety in mind. They may need to add a bathroom in a small space or reconfigure the ones they have. When renovating an existing bath or creating a new bathroom where one did not previously exist, homeowners should keep key considerations in mind.

Multiple light sources can help reduce glare and shadows - two dangerous visual effects in bathrooms, where most home falls occur. Flooring material should be slip-resistant and grab bars are essential in showers,

AGE continues on Page 35

5 surprising superfoods for baby boomers

BPT

An estimated 77 million baby boomers represent the largest generation of Americans born in U.S. history. Many are embracing their golden years and taking a proactive approach to their well-being. If you are a boomer, you understand nutrition is fundamental to maintaining your health. But do you know some foods are particularly powerful in helping you age well?

"Certain foods provide nutrients that are extremely beneficial for baby boomers," says Kristen Johnson, registered dietician, nutrition expert at On Target Living, and author of the newly released cookbook "Target To Table: Healthy and Delicious Meals One Superfood at a Time." "Eating these superfoods regularly is one of the easiest yet most impactful things boomers can do for their health."

Johnson's top five superfoods for baby boomers include:

Fresh cold water fish: "On top of being a delicious lean protein, fish is loaded with omegas-3s that keep our brains healthy as we age," says Johnson. "EPA and DHA are the type of omega-3 fat found in fish and are especially important for a healthy heart, hormonal balance, energy and mood."

Since most of us don't have access to fresh, wild-caught or cold-water fish on a daily basis, she suggests taking a high-quality cod liver oil daily, like Nordic Naturals Orange-Flavored Cod Liver Oil. "There's no fishy smell and a quality you can taste," says Johnson. "Also, cod liver oil naturally contains vitamin D, which is needed to absorb calcium."

Super seeds: Certain seeds, like flax, chia and hemp seeds, have extensive health ben-

SUPERFOODS continues on Page 33



The most treatable serious senior health issue: loneliness

BPT

While Americans tend to associate the holidays with togetherness, joyful occasions and feelings of warmth and happiness, the season can also worsen feelings of loneliness and isolation for some people - especially older adults. Loneliness is not only bad for seniors' mental health, it can affect their physical wellbeing as well.

"The holidays can present families with an opportunity to spot signs of loneliness in their older family members and take steps to do something about it," says Dr. Kevin O'Neil, chief medical officer of Brookdale Senior Living. "Isolation and loneliness in seniors can lead to debilitating depression, high blood pressure, dementia and shorter life spans. Time and time again we see that when seniors overcome loneliness, make new friends and feel a part of a caring community, they're happier and their physical health improves."

Research illustrates the link between loneliness and the advancement of dementia, deterioration of physical health and shortened lifespans. Conversely, multiple studies show feeling connected and happy is good for your health and can lead to a longer lifespan. What's more, happiness really can be contagious. In fact, one study by researchers at the University of California and Harvard University found surrounding yourself with happy people can make you more likely to become happy yourself.

"Social connections are vital for people of all ages," O'Neil says. "Emotional ties are even more important for seniors, yet they are also more vulnerable to losing those bonds through the death of a spouse, grown children busy with their own lives or the relocation of a long-time friend who moves closer to be near their own family."

As friends and families gather for the holidays, they should be alert to signs their family members or friends are feeling

lonely or isolated, including:

- Your loved one has suffered a loss, either the death of a spouse or friend, or relocation of a long-time cohort.
- They give verbal cues, such as complaining they have no friends, feel confined to their home, have no one to talk to or severely miss a long-deceased companion.
- They exhibit signs of depression, including trouble falling asleep, irritability, loss of appetite and disinterest in activities that used to excite them.
- Their eating habits have changed. Seniors who are feeling isolated and depressed may lose their appetite, or engage in unhealthy comfort eating.
- Personality or behavioral changes are evident. Your normally stoic loved one has become tearful, a chatty person becomes quiet, or an outgoing personality is now withdrawn.
- They become "clingy," holding a handshake or hug longer than normal, and becoming upset when it's time for a visit to end.
- They complain of pain or health issues that the doctor can't explain. In some cases, the illness may be an attempt to get attention. In other cases, it can be a physical response to loneliness.
- A person who was once very capable may begin to have difficulty managing daily tasks or their finances.

"It's vital seniors stay connected," O'Neil says. "Every Brookdale Senior Living community has resident programming, activities and opportunities for seniors to develop closer relationships."

He recommends some tactics to help seniors combat loneliness:

- Get moving. Physical exercise increases the body's level of "feel good" hormones, and can contribute to improved sleep, as well as fewer aches and pains. Seniors should get 30 minutes of moderately intense exercise per day, and if you exercise with companions, you're also reaping the social benefits of the activity.



- Sit down with a friend or family member and watch a funny movie or TV show together. Laughter's positive effects on the mind and body are well documented. Laughing together improves mood and can make people feel more connected.
- Make new connections. Sit with someone at lunch whom you don't know well. Ask a neighbor to go for a walk with you. Join a club or social organization.
- Help yourself feel better by helping others. Volunteering has many positive effects on mental health. When you vol-

unteer your time to help others, you'll feel good about your actions and also expand your opportunities to meet new people.

- Learn something new - it's not only good for cognitive health, it gives you the chance to make new connections with other students. Take a craft class, go to a personal finance seminar or take a cooking class.

"Loneliness can be a serious health issue for seniors," O'Neil says. "Fortunately, it's also one of the most treatable."

Visit www.brookdale.com to learn more about senior living.

Superfoods

Continued from 32

efits and more boomers are incorporating them into their daily meals and snacks.

"Flaxseeds and chia seeds are high in omega-3s and fiber and contain antiviral, antifungal and antibacterial properties," says Johnson. "Hemp seeds are high in healthy omega-6s, along with being high in protein. These super seeds help balance hormones and can also help with digestion."

Easy ways to start incorporating seeds into your daily routine is to add them to smoothies or sprinkle on yogurt or oatmeal.

Super vegetables: "Vegetables provide many nutrients, including potassium, fiber, folate, vitamins A, E, C and are alkalizing, meaning they neutralize acids in the body and help your

body thrive and stay mineralized," says Johnson.

Try to get a variety of super vegetables into your daily diet including leafy greens, bok choy, broccoli, mushrooms, beets, celery, carrots, onions and garlic. Leafy greens and broccoli are especially high in calcium and vitamin C needed to keep your immune system healthy and prevent sickness. Beets and celery are extremely detoxifying. Garlic is part of the onion family and contributes to a healthy immune system while helping to lower inflammation.

Super fruits: "Fruits are packed with flavor and are high in vitamins, minerals, fiber, cancer-fighting antioxidants, and are extremely alkalizing," says Johnson.

Strive to get a variety of super fruits in your daily diet including strawberries, blueberries, raspberries, lemons, limes, apples and bananas. Dried fruits like figs, dates, goji berries and raisins are high in the calming mineral magnesium

which helps to relax the mind and body and aid in digestion.

Organic virgin coconut oil: Lately there has been a lot of buzz about coconut oil and for good reason, explains Johnson. "Coconut oil is a healthy saturated fat high in lauric, capric and caprylic acids which have antiviral and antifungal properties contributing to a healthy digestion," she says. "Coconut oil also contains medium-chain fatty acids that can aid in a healthy metabolism."

Try using coconut oil in baked goods or to replace other oils when sautéing or stir-frying. It's also a fantastic butter substitute on toast and other foods.

Start the day on the right foot with this easy-to-make smoothie that features several of Johnson's recommended superfoods. This recipe can be found on Johnson's blog at www.targettotable.com.

Rise and Shine Smoothie

Serves 3

Ingredients:
 2 cups carrot juice
 1 cup kale or spinach
 1 banana
 2 cups frozen or fresh berries
 2 tablespoons chia or flaxseeds
 2 tablespoons hemp seeds
 1 tablespoon Nordic Naturals Orange Flavored Cod Liver Oil

Directions:
 Mix all ingredients in a blender until smooth.



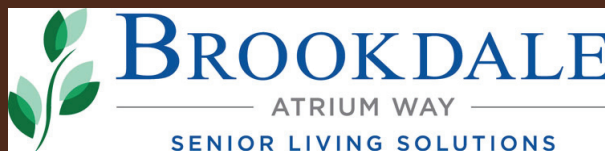
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Assisted Living Facility #7109

Dementia

Continued from 28

at least six hours a week and have a strong need to reduce their own stress. They'll be involved in the program for 12 to 14 weeks and receive up to \$90 for their participation.

Trained faith community workers, or "lay pastoral care facilitators," will help the caregivers with:

- Communicating effectively with doctors and family members.
- Dealing with their loved one's difficult behaviors, wandering and general safety.
- Giving medicines.
- Managing the stresses and worries of caregiving.
- Increasing their self-care, rest and relaxation.

"We have developed an intervention led by African-American facilitators who share a faith orientation and family values similar to those of caregivers, thus breaking down barriers to access — AND using telephones so that the participants don't have to go anywhere," Glueckauf said. "It's delivered when, where and how they want it. We're trying to evaluate its effectiveness."

He hopes to get more than 100 caregivers to participate in the project, which is receiving financial support from financial advisor Dave Groves, VALIC Inc. and the FSU Center for Brain Repair. Glueckauf knows the need is great.

"Alzheimer's is an epidemic," he said, "and it disproportionately affects minorities. Providing skills and support to African-American dementia caregivers is what the ACTS 2 staff, lay pastoral care facilitators and I feel led to do and is an important mission of the FSU College of Medicine."

Any qualified caregivers who are interested should call the project staff at (850) 274-4945 (in Tallahassee) or (866) 778-2724 (toll-free).


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OYSTER PERPETUAL
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Create your own personal pension? It's possible

BPT

Retirement planning has certainly changed a lot over the years, hasn't it? First came pensions, or defined benefit plans, with their guaranteed income for life. After that it was 401(k)s. These plans focused on growing wealth from the stock and bond markets. Your pension and 401(k) were meant to work together but now pensions are disappearing and many people are left with just their 401(k) plan.

Your 401(k) is an important piece of your retirement savings but it was never intended to be your sole retirement solution. Instead, your 401(k) was meant to provide additional retirement savings that worked with your pension, savings and other income sources to paint a full retirement picture. But now for many people the pensions are gone and while you have other savings avenues - what can you do to replace this lost retirement income?

One option could be a deferred income annuity (DIA). A DIA allows you to set up a guaranteed income stream beginning later in your life. With a DIA it's important to remember that the guaranteed income is based on the strength and claims paying ability of your financial institution so it's important to choose the right partner. DIA's are traditionally funded with a lump sum payment up front



and the contract promises to pay you a lifetime income stream starting with a date of your choice.

For example, let's say you purchased a DIA with a \$50,000 lump sum. That money will then be held by your financial institution for a defined period, according to the contract, where it will grow with interest. After a specified amount of time has passed, you can start receiving payments. This guaranteed stream of income can then be used to supplement additional retirement savings and help you fill a void in your retirement portfolio.

A DIA is one example of the many

options that are available when it comes to retirement strategies and that's good news for any investor seeking retirement income. With traditional pensions disappearing from the landscape, there are still plenty of options that let you design personal solutions for your own retirement. The key is knowing your options and working with a financial professional who can help guide you toward a stable retirement, that way you'll be ready for any changes that happen in your retirement planning until it's finally time for you to enjoy the fruits of all that hard work and smart saving.

Age

Continued from 32

bath tubs and near toilets. Shower heads should be on a slide bar that allows the spray to be raised or lowered depending on the needs and height of the user. Showers and faucets should be controlled by levers, rather than knobs, and all showers should have thermostatic controls to reduce the risk of burns.

Whether you're adding a half bath in a corner of your master bedroom where no bathroom existed before, or replacing a high step-over tub with a roll-in shower, traditional plumbing can be costly - especially in homes

with slab foundations and no readily accessible below-floor drainage. Saunders uses the Sanigrind Pro system by Saniflo to minimize the need to break through concrete. The product can handle drainage for a shower, sink and toilet. For more information, visit www.saniflo.com.

Creating more usable kitchens

Kitchens are another high-utility and high-risk area of the home for seniors. Mobility and dexterity challenges can make everyday tasks like cooking and cleaning difficult to achieve in an ordinary kitchen.

Saunders recommends seniors focus on improvements to enhance accessibility, such as installing lifts for countertops, cabinets, cooktops and

sinks. These electric lifts allow homeowners to adjust the height of key work areas depending on whether they're sitting or standing while using the spot.

Above-floor plumbing can also be useful in kitchen renovations, where homeowners and designers desire a more open floor plan to accommodate wheelchair users. Above-floor plumbing allows you to relocate a sink or create an "island" without the expense of extensively replumbing the entire kitchen, Peterson notes.

To learn more about above-floor plumbing and products that enhance living-in-place renovations, visit www.saniflo.com. To learn more about adaptive living products and design, visit www.adaptedliving.com.

Knee

Continued from 24

eight months, my knees are pain free and have total flexibility, my legs are straighter, my stride is better and I no longer have lower back pain. The best part is that I have been able to resume my evening walks with Stella."

Seven weeks after surgery Boomer-shine was able to walk to his fitness center, ride the bike and do weight machines and then walk back home, a total of three miles daily. Dr. Dan Dunaway, of Far Oaks Orthopedists in Dayton, Ohio reports that Boomer-shine's recovery is similar to other Total recoveries he has seen.

"Tedd has had an outstanding recovery, which is something we are now regularly seeing for patients who have both total and partial knee replacements with ConforMIS customized implants. Patients are able to get back to their normal routines much faster and with less pain. With an implant that is designed to fit that patient, the surgery often involves less blood loss and we can retain more of the patient's natural knee. This is a major advance in knee replacement surgery," says Dunaway.

Dunaway suggests that all patients ask their surgeon some important questions before making a decision about knee surgery:

- Is a customized knee implant that is designed based on my own anatomy an option for me?
- Could a customized knee mean less pain and a faster recovery?
- Will I be able to enjoy an active lifestyle again?

For more information about ConforMIS customized implants please visit: www.conformis.com.



Seizure

Continued from 24

Preventing the second seizure by treating the first

The research finds that epilepsy drugs remain one of the most effective ways to manage seizures. The prescrip-

tion use of these drugs immediately after a person has experienced his or her first seizure is effective in reducing the risk of another seizure within two years.

For neurologists, doctors who diagnose and treat diseases of the brain, spine and nerves, the decision to treat immediately may become more complex due to a person's applicable risks

and benefits.

The new guideline offers clarification for doctors, helping them identify which risk factors put a person at greater risk so they can make the best treatment decision together with their patient.

For people who have experienced a first seizure or who care for a loved one who has, speaking with a physi-

cian such as a neurologist about treatment options is an important first step. Neurologists can help you understand and learn more about epilepsy drugs and your risk factors so you can work together to identify the best treatment plan and minimize your risks.

To learn more about this AAN guideline and other available resources, visit AAN.com/guidelines.



Family members tell us, “This is an answer to our prayers.”

Helen fell four times in a matter of months.

Helen had gotten to the point where she couldn't drive, and she was becoming afraid that she would never get her active lifestyle back.

Looking for answers to Helen's sudden decline her family turned to AgeWell, a program at Baptist Health focused on promoting the healthy aging and independence of older adults dealing with multiple conditions.



In a single afternoon, Helen was able to meet with an entire care team led by Geriatrician Marisol Lance, DO — all in the same location. The impact of this coordinated approach to care was life-changing for Helen.

Now Helen drives to lunch with her friends, breezes through Sudoku puzzles and prepares the Landon High School alumni newsletter again.

To learn more, visit baptistjax.com/agewell

The AgeWell Center can help with:

- Medication management
- Coping with declining memory
- Managing emotional issues like depression
- Improving mobility and strength
- Building skills for independent living
- Nutritional assessment and counseling

If you would like to find out if Baptist AgeWell Center is right for you, call us at **904.202.4AGE (4243)**.



**AgeWell
Center**

Changing Health Care for Good.®



Photo provided by Laurie Berger

Pictured from left to right are Chief Joshua L. Cox; Sharon M. Kasica (School Liaison Officer, civilian); Kathleen Furness (Principal); Commanding Officer Capt. Wesley McCall; Petty Officer Shanika Everett; Susan Brice (HFH Co-Chair); Susan Kelly (HFH Co-Chair); Petty Officer Jonelle Smiley and Emily Stephens (PTO President)

Helping for the holidays at PVPV/Rawlings

Laurie Berger

Community Submission

Each year PVPV/Rawlings Elementary School along with PTO organizes a community outreach program to help those in need and provide a sense of community among their students. Through their Helping for the Holidays campaign this fall, their students raised \$6,707.66 in just two weeks for families at the Mayport Naval Base.

On Friday, Nov. 20 representatives from the Mayport Naval Base were

guests on the school's morning news show. Principal Kathleen Furness presented PVPV/Rawlings Elementary School's \$6,707.66 donation check to the Commanding Officer of the Mayport Naval Base, Capt. Wesley McCall; and he and other representatives from the base answered questions by our student council.

PVPV/Rawlings Elementary School's donation will be used to purchase Commissary gift cards for enlisted naval families this holiday season.

HOUSES NEEDED FOR TPC WEEK!



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HOLIDAY ROUNDUP

Break out your festive cheer: the holidays are finally here – and it's time to celebrate! The First Coast has got it all when it comes to celebrating the season. Here are a few upcoming events around town to help you get in the holiday spirit.

— Carrie Resch



BEACHES TOWN CENTER HOLIDAY CELEBRATION

Saturday, Dec. 5. Activities start at 3 p.m. with a bike parade, musical and dance performances, face painting, crafts, hayrides and more. Santa and Mrs. Claus will arrive by sleigh at 6 p.m. For more information, visit www.beachestowncenter.com.

HOLIDAY IN THE GARDENS

Washington Oaks Gardens State Park's annual Holiday in the Gardens is Sunday, Dec. 13 from 10 a.m.-4 p.m. Festivities include live holiday music, children's activities and arts & crafts, tea with Mrs. Claus, photos with Santa, a plant sale and more. The event is included with park entry fee; additional activities extra. Washington Oaks Gardens State Park is located at 6400 N. Oceanshore Blvd., Palm Coast. For more information, call (386) 446-6783 or visit <https://www.floridastateparks.org/park-events/Washington-Oaks>.

BEACHES MUSEUM & HISTORY PARK HOLIDAY EVENTS

The Beaches Museum & History Park presents three festival ways to celebrate the holidays: The Polar Express, Holiday Open House, and the Celtic Christmas Concert. The museum is located at 381 Beach Blvd., Jacksonville Beach. For more information, call (904) 241-5657 or visit www.beachmuseum.org.

- The Polar Express - On Friday Dec. 4 from 2-6 p.m. and Saturday, Dec. 5 from 10 a.m.-5 p.m. the Beaches Museum welcomes the arrival of Santa and the Polar Express steam locomotive at Pablo Station.
- Holiday Open House - On Thurs-

day, Dec. 10 from 5:30-8:30 p.m., the public is welcome to visit the museum and park to share festive cheer and to light up the park.

- Celtic Christmas - On Monday, Dec. 21 at 5 p.m. and 7 p.m. the museum presents Celtic Christmas as part of the museum's concert series. Admission is \$20 in advance; \$25 day of show.

SCIENCE WITH SANTA

The Museum of Science and History presents a special holiday-themed Extreme Science Show Saturday, Dec. 5 from 10 a.m.-2 p.m. The event

will feature holiday-themed education games and activities, a visit with Santa and Extreme Science Shows at 11:30 a.m. and 1:30 p.m. in the JEA Science Theater. MOSH is located at 1025 Museum Circle, Jacksonville. For more information, call (904) 396-MOSH or visit www.themosh.org

WINTER DISCOVERY CAMP

Winter Discovery Camps at the Museum of Science and history take place Dec. 21-23 and 28-30. The camp is for kindergartners through fifth-graders and are designed to



Christ Church Nutcracker
Photos by Carrie Resch

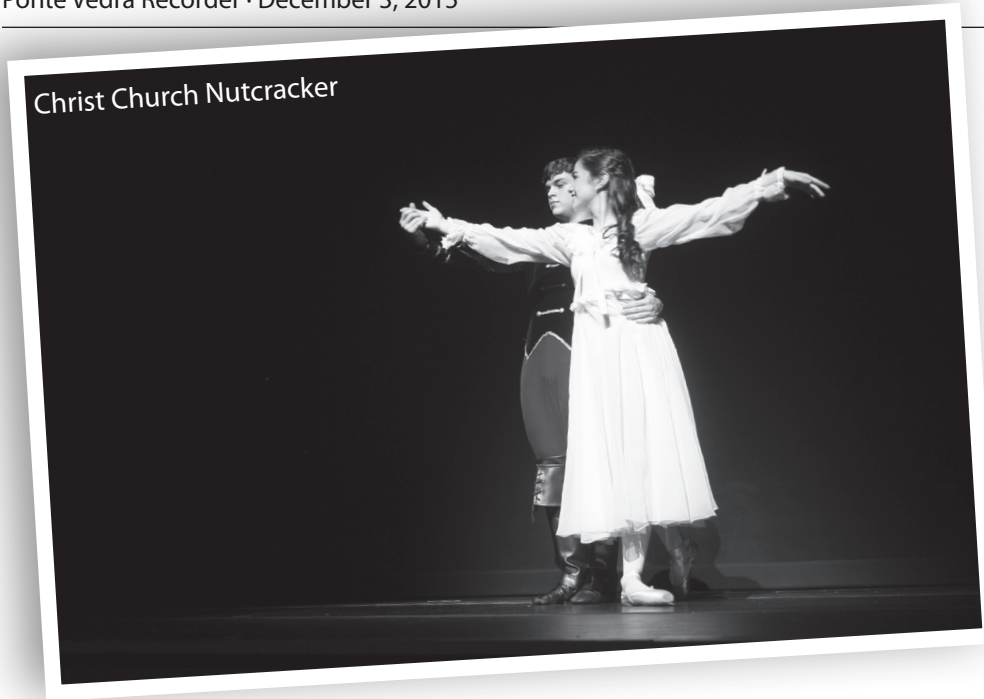


Regatta of Lights

entertain kids while parents finish holiday preparations. Camps take place from 9 a.m.-3 p.m. The cost is \$60 per day; extended care is available for an additional charge. MOSH is located at 1025 Museum Circle, Jacksonville. For more information, call (904) 396-MOSH or visit www.themosh.org.

CHAMPAGNE & SHOPPING AT THE CUMMER SHOP

Champagne & Shopping features expanded store inventory at The Cummer Shop and trunk shows from artisans' merchandise. Guests can partake in a glass of champagne while shopping. Additional discounts are available each day. Champagne & Shopping takes place Wednesday, Dec. 2 from 10 a.m.-7 p.m., Thursday, Dec. 3 from 10 a.m.-4 p.m. and Friday, Dec. 4 from 10 a.m.-4 p.m. The event is free; no registration is required. For more information, call (904) 899-6035. The Cummer Museum of Art & Gardens is located at 829 Riverside Ave., Jacksonville.



HOLIDAZZLE AT RIVERSIDE ARTS MARKET

The Riverside Arts Market will feature local vendors, holiday cheer and extended hours during the annual RAM Holidazzle on Saturday, Dec. 12 from 10 a.m.-9 p.m. Events include Christmas movies on the River Stage from 6-9 p.m. live music by Jacksonville Harmony Chorus, Pine Forest School of the Arts, Jax Treblemakers, Chris Thomas with Taylor Roberts and Courtney Frazier, winter brews and holiday cocktails and more. RAM takes place rain or shine under the Fuller Warren Bridge at 715 Riverside Ave., Jacksonville. For more information, call (904) 389-2449 or visit www.riversideartsmarket.com

'CHRISTMAS CAROLE' AT THE ALHAMBRA

Beginning Tuesday, Nov. 24, Bruce Allen Scudder's "Christmas Carole" will be performed at Alhambra Theatre & Dining. The play will be performed through Dec. 24. The theatre is located at 12000 Beach Blvd., Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit www.alhambrajax.com.

YAPPY HOUR CHRISTMAS PAWTY

The Yappy Hour Christmas PAWty is Sunday, Dec. 6 from 2-5 p.m. Festivities include decorating a dog ornament, prizes and cash giveaways. There will also be free dog photos with Santa with any \$10 value pet food or treat donation or a \$10 cash donation. Pet photos with Santa are limited to the first 50 dogs. The donations will benefit Animal Care and Protective Services. Yappy Hour

takes place at The Jacksonville Landing, 2 Independent Drive in Jacksonville. The events are free and open to the public.

ZOOLIGHTS

Thousands of LED lights will be on display at the Jacksonville Zoo & Gardens for ZOOLights, Dec. 11-13 and Dec.18-Jan. 2 (closed on Christmas Day). The zoo closes at 5 p.m. and reopens for ZOOLights 6-9:30 p.m. Monday-Thursday and 6-10 p.m. Friday-Sunday. The cost is \$10 for non-members; \$8 for members. Other activities such as warm weather "ice" skating, train rides, s'mores kits and the 4-D Theater ride featuring "The Polar Express," are offered for an additional fee. For more information or to purchase tickets, visit www.jacksonvillezoo.org.

LIMELIGHT THEATRE PRESENTS 'THE BEST CHRISTMAS PAGEANT EVER'

"The Best Christmas Pageant Ever" will be performed on stage at the Limelight Theatre Dec. 11 through Jan. 3, 2016 with a special preview night Thursday, Dec. 10. Showtime is 7:30 p.m. Thursday through Saturday and 2 p.m. Sunday. There will be no performances Dec. 24-25. Limelight Theatre is located at 11 Old Mission Ave., St. Augustine. For more information or to purchase tickets,

call (904) 825-1164 or visit www.limelight-theatre.org.

THE ATLANTIC BEACH EXPERIMENTAL THEATRE PRESENTS 'CONEY ISLAND CHRISTMAS'

ABET presents "Coney Island Christmas" Dec. 4 & 5, 11-13 and 18-20. Showtime is 8 p.m. for Friday and Saturday night performances; 2 p.m. for Sunday performances. Tickets are \$20 for adults; \$10 for children. The theatre is located at 716 Ocean Blvd., Atlantic Beach. For more information or to purchase tickets, call (904) 249-7177 or visit www.abetttheatre.com.

SMALL OBJECTS HOLIDAY ART SALE

The annual Small Object Holiday Art Sale takes place from Dec. 4-28 at the Cultural Center at Ponte Vedra Beach, 50 Executive Way, Ponte Vedra Beach. Over 30 local artists will be displaying and selling their small hand-crafted art including hand-crafted jewelry, glass work, paintings, pottery and more. All items are priced between \$25-\$350.

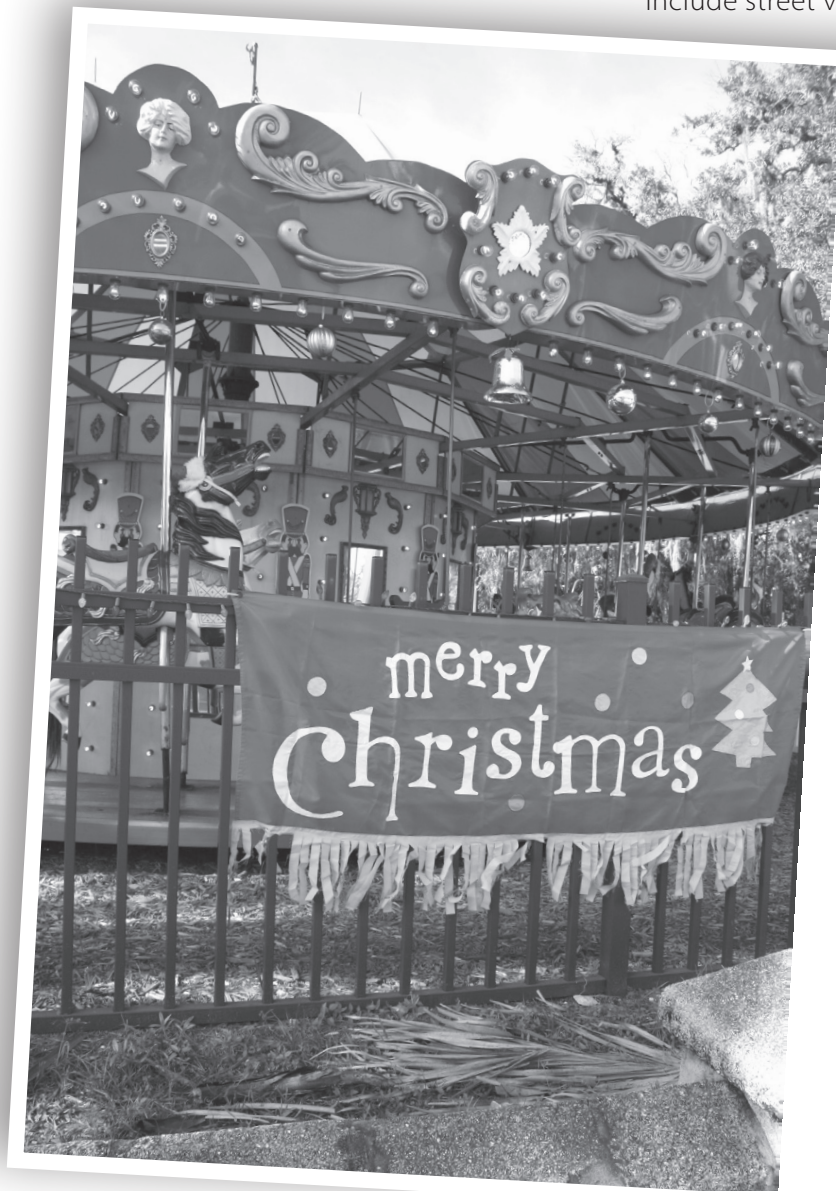
An opening reception will take place Friday, Dec. 4 from 6-8 p.m. For more information, call (904) 280-0614 or visit www.ccpvb.org.

AMELIA ISLAND MUSEUM HOLIDAY HOME TOUR

The 9th annual Amelia Island Museum Holiday Home Tour is Friday, Dec. 4 and Saturday, Dec. 5 from 10 a.m.-4 p.m. The home tours will showcase six private beach homes along the Amelia Island Coastline. Each home will be decorated by professional florists and designers. Tickets are \$25 and available to purchase online at www.ameliahometours.com and at selected venues on Amelia Island until 4 p.m. Dec. 3. Day-of-event tickets are \$30 and available at the Museum or any of the featured homes.

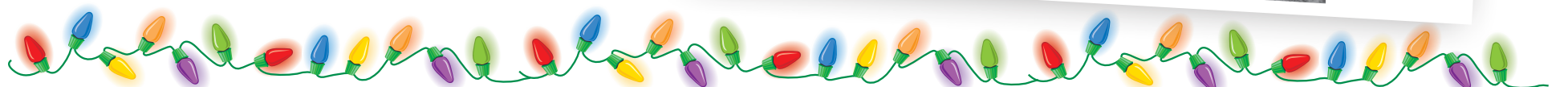
DICKENS ON CENTRE

The "Dickens on Centre" festival will be happening. The 10-day festival will take place Dec. 4-13 in historic downtown Fernandina Beach. Downtown Fernandina will be transformed into a Victorian-era Christmas scene. The festival will include street vendors, carolers,



St. Augustine Carousel at Davenport Park.

Photos by Carrie Resch





ZOOLight
Photo by Carrie Resch

stage performers, a window decorating contest, visits from Saint Nick and readings of "T'was the Night Before Christmas." Saint Nick visits will take place Fridays from 7-9 p.m. and Saturdays and Sundays from 10 a.m.-noon and 2-5 p.m. Readings of "T'was the Night Before Christmas" will take place Fridays and Saturdays at 6:45 p.m. and Sundays at 4 p.m. For more information about Dickens on Centre, visit www.ameliainland.com/things-to-do/Festivals/Amelia-Island-Dickens-On-Centre

CHANUKAH WONDERLAND CRAFT & FUN FAIR

Chabad @ the Beaches presents the annual Chanukah Wonderland celebration Monday, Dec. 7 at the Cultural Center at Ponte Vedra Beach, 50 Executive Way, Ponte Vedra Beach. The children's wonderland and fun fair takes place from 4:30-6 p.m., followed by a giant menorah lighting with free Chanukah delicacies at 6 p.m. There will also be an arts & crafts fair and an Olive Press Show. The event is free and open to the public. Donations are appreciated. For more information, call (904) 543-9301 or visit www.chanukahwonderland.com.

CHRISTMAS MESSIAH AT THE PONTE VEDRA CONCERT HALL

The Ponte Vedra Concert Hall, located at 1050 A1A N., Ponte Vedra Beach, will be hosting "Christmas Messiah," performed by UNF soloists, Chamber singers and Chamber Orchestra, Saturday, Dec. 5. There will be two separate performances – a matinee and an evening performance. Doors open for the matinee show at 2:30 p.m.; show starts at 3 p.m. Tickets are \$15. The eve-

'HOW THE GRINCH STOLE CHRISTMAS! THE MUSICAL'

The tale of the Grinch who stole Christmas comes to life on stage at the Jacksonville Times-Union Center Dec. 1-6. For more information or to purchase tickets, call (904) 442-2929 or visit www.fscjartist-series.org.

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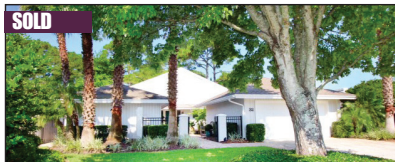


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NATURAL FOODS MARKET

ning show begins at 7:30 p.m. with doors opening at 7 p.m. Tickets are sold separately for the two performances. Proceeds from this performance will benefit the Friends of the Ponte Vedra Concert Hall and the UNF Music Department. Tickets can be purchased online at <http://www.eventbrite.com/e/messiah-favorites-matinee-performance-tickets-17498441309>.

ST. JOHNS COUNTY PHONE CALLS FROM SANTA

The St. Johns County Parks and Recreation Department is hosting its annual Phone Calls from Santa event Dec. 8-11. The program is open to St. Johns County children eight years old or younger. Parents can register their children through Dec. 4. Registration forms can be found online at www.sjcf.us/youth and faxed to (904) 209-0321 or emailed to jbaccari@sjcf.us. Santa will be making his phone calls nightly from 6-7:30 p.m. Dec. 8-11.

CHRIST CHURCH PRESENTS 'THE NUTCRACKER'

Christ Church presents the 20th annual Nutcracker, Saturday, Dec. 12 at 6 p.m. at UNF's Lazzara Performance Hall. The 2015 Nutcracker will feature almost 300 performers who range in age from two and a half to 90-years-old. Proceeds benefit charitable organizations. Tickets are \$25 and are available for purchase online at www.missfeliciasdance.com. For more information, call (904) 923-0604.

PALM VALLEY LIGHT & BOAT PARADE

The annual Palm Valley Light & Boat parade featuring festively decorated boats, is Saturday, Dec. 12 at 7 p.m. The boat parade takes place in the Palm Valley Intracoastal Waterway. The event is rain or shine. For more information, call (904) 395-5217 or visit www.palmvalleylightparade.com.

REGATTA OF LIGHTS

The 2015 Regatta of Lights, a traditional light boat parade that takes place on the Bayfront in St. Augustine between the Bridge of Lions and the Castillo de San Marcos, is Saturday, Dec. 12 at 6 p.m. For more information, call (904) 824-9725



On the Red Train for Nights of Lights.
Photo provided by Red Train Tours

or visit www.staugustineyachtclub.com.

DECK THE CHAIRS

Decorated iconic red American Red Cross Life Saving Corps. Lifeguard chairs will be on display in downtown Jacksonville Beach throughout the month of December. For more information, visit www.deckthechairs.org.

COMMUNITY FIRST CREDIT UNION'S DECEMBER TO REMEMBER

Community First Credit Union presents A December to Remember through Dec. 19. The event features free and ticketed events including holiday favorite movies, concerts, a St. Augustine Fire Department Chili Cook-off and more! Events take place at either the St. Augustine Amphitheatre, 1340 C A2A S., St. Augustine or the Ponte Vedra Concert Hall, 1050 A1A N., Ponte Vedra Beach. For a full list of events, visit www.staugamphitheatre.com.

ST. AUGUSTINE CHRISTMAS PARADE

The 61st annual St. Augustine Christmas Parade is Saturday, Dec. 5 at 10 a.m. The parade features floats, marching bands,

antique cars and more. The parade starts at the Mission Nombre de Dios located at 27 Ocean Ave. and ends at the St. Augustine Visitors Center located at 10 W. Castillo Drive. For more information, call (904) 824-4997.

HEMMING PARK FOOD TRUCK RALLY AND KIDS WINTERFEST

Hemming Park decks the halls Saturday, Dec. 19 from noon-5 p.m. with food trucks, table vendors, kids activities and the arrival of Santa at 1:30 p.m. Hemming Park is located at 303 N. Laura St., Jacksonville.

'RUDOLPH THE RED-NOSED REINDEER'

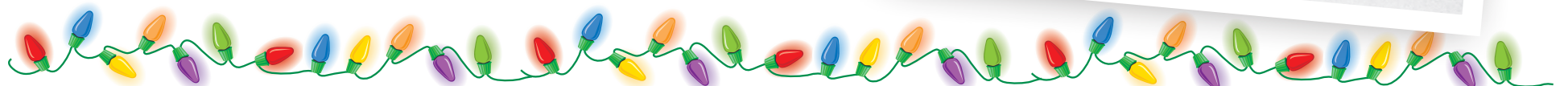
A live-action production of "Rudolph the Red-Nosed Reindeer" will take place Sunday, Dec. 13 at 1:30 and 4:30 p.m. at the Thrasher Horne Center for the Arts, 283 College Drive, Orange Park. For more information, visit www.thcenter.org.

RIPLEY'S BIG RED TRAIN & WINTER CARNIVAL

Hop aboard one of Ripley's Red Trains for a "lightseeing" tour of the St. Augustine Nights of Lights displays around the city. Guests will receive a free pair of glasses to enhance their light-viewing experience. New this year; no-wait VIP tickets are available on Friday and Saturday nights that include a free carousel ride. VIP guests can reserve a time for the train tour and skip the lines. Additionally, Nights of Lights ticket holders



St. Augustine Christmas Parade.
Photo by Carrie Resch





Palm Valley Light & Boat Parade.
Photo by Carrie Resch

can play a round of Prancer's Putt-Putt mini golf for a \$1 from Nov. 22-Jan. 5. For more information or to purchase tickets, visit www.ripleys.com/redtrains. Ripley's Winter Carnival will be open Friday and Saturday nights from Nov. 27 through Dec. 19. The carnival features carousel rides, carnival games and free activities including family movies, visits with Santa, state shows, balloon art, popcorn and snow.

CHRISTMAS IN AVONDALE
Christmas in Avondale takes place Shoppes of Avondale Saturday, Dec. 5 from 5-9 p.m. The event is sponsored by the Avondale Merchants Association. For more information, visit www.shoppesofavondale.com.

ST. AUGUSTINE NIGHTS OF LIGHTS
View St. Augustine's award-winning, stunning light display during the annual St. Augustine Night of Lights. The historic city is decked out in thousands of white lights for your viewing pleasure now through Jan. 31.

WINTERFEST AT ADVENTURE LANDING
The 5th annual WinterFEST takes place at the Jacksonville Beach Adventure Landing location on select nights and times now through Jan. 10. Enjoy outdoor ice skating, nightly snow falls, an alpine racer ice slide, games, holiday treats and more. Call (904) 246-4386 or visit www.jaxwinterfest.com for the complete operating schedule and ticket prices. Adventure Landing is located at 1944 Beach Blvd., Jacksonville Beach.

DRESSING OF THE PALMS
Palm trees adopted and decorated by Vilano Beach businesses and organizations compete for awards during the Vilano Beach's annual Dressing of the Palms. The palm trees will be on display through Dec. 31. The award ceremony will take place Saturday, Dec. 5 during the Vilano Beach Sunset Celebration on the Pier. For more information, call (904) 910-8386 or visit www.vilanobeachfl.com.

67th ANNUAL CHRISTMAS AND HOLIDAY CONCERT
The 100 voice strong St. Augustine Community Chorus, along with the St Augustine Youth Chorus present the 67th Annual Christmas and Holiday Concert, "Christmas Tableaux - Peace, Hope, Joy and Awe", under the direction of Michael Sanflippo with accompaniment by a chamber orchestra. Performances include festive works ranging from traditional to contemporary, including choruses from G. F. Handel's "Messiah." The performance will take place on Saturday, Dec. 12 at 8 p.m. and Sunday, Dec. 13 at 2 p.m. at the Cathedral Basilica in downtown St. Augustine. Ticket prices are: \$20

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in advance; \$25 at the door; \$5 for Students. Tickets can be purchased online at www.staugustinecommunitychorus.org or at select venues. For further information, call John Reardon at (904) 982-2210.

GARDEN CLUB CHRISTMAS TOUR OF HOMES

The Garden Club of St. Augustine presents the 47th annual Garden Club Christmas Tour of Homes "Christmas in St. Augustine 1565-2015" on Sunday, Dec. 6 from noon-5 p.m. Tour privately owned homes in the historic downtown district of St. Augustine decorated for the holidays by the club. Tickets are \$25 and can be purchased online at www.gardenclubofstaugustine.org or at select retailers.



Deck the Chairs.
Photo by Carrie Resch

COMMUNITY NUTCRACKER AT THE FLORIDA THEATRE

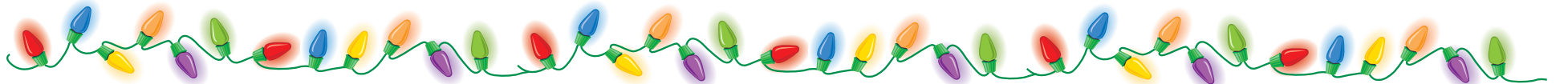
The 24th annual Community Nutcracker, featuring more than 200 children from Northeast Florida will be performed Friday, Dec. 11 at 1 p.m. and Saturday, Dec. 12 at 1 p.m. and 7:30 p.m. at The Florida Theatre,

128 E. Forsyth St., Jacksonville. Tickets start at \$26. Tickets are on sale online at www.ticketmaster.com or at the Florida Theatre Box Office, (904) 355-2787.

SAINT AUGUSTINE BALLET PRESENTS 'THE NUTCRACKER'

The 7th annual Saint Augustine Ballet's production of "The Nutcracker" is Dec. 19-20 at the Lewis Auditorium at Flagler College, 14 Granada

St., St. Augustine. Performances are at 2 p.m. and 7:30 p.m. each day. Tickets are \$25-\$30. For more information or to purchase tickets, call (855) 222-2849 or visit www.saintaugustineballet.com.




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Red Zone woes plague Jaguars in 31-25 loss



Jacksonville tight end Julius Thomas had a productive day. The free-agent signee from Denver had nine catches for 116 yards and scored a touchdown in the 31-25 loss to San Diego Sunday.



Jacksonville rookie running back TJ Yeldon ran for 36 yards on nine carries and caught four passes for 46 yards against the Chargers.



The Jaguars' defense gave up only 79 yards on the ground as the San Diego Chargers walked out of EverBank Field with a 31-25 victory over Jacksonville on Sunday.

Photos by Nancy Beecher

Jacksonville now faces AFC South foe Tennessee

Mike Bonts Special to the Recorder

The table was set.

The Jacksonville Jaguars were coming off a two game winning streak and hosting a San Diego team that had lost six in a row. Playoff contention was a reality in the AFC South. But it was quarterback Philip Rivers and the Chargers who came out of Sunday's game the winners with a 31-25 victory over the Jacksonville before 59, 477 Sunday at EverBank Field.

"The key for us in yesterday's game was red zone, third down on both sides of the ball, offensively and defensively. Defensively, they had five trips in the red zone, they came away with four touchdowns and a field goal, 31 points. On third down, six for 14 for 43 percent. That was the story of the game," said Jacksonville head coach Gus Bradley on Monday.

Two field goals from kicker Jason Myers made it 6-0 early. He would kick four, but also miss the extra point on the Jaguars' final TD.

After Jacksonville regained the lead with Myers' third field goal. The visitors scored two TDs, in just over a minute, both passes from Rivers to veteran tight end Antonio Gates for a 21-9 halftime advantage. Rivers finished 29 of 43 for 300 yards and four touchdowns. Stevie Johnson and Dontrelle Inman also caught TD passes for the visitors.

Jacksonville QB Blake Bortles was 30 of 49 for 329 yards with his 13th interception of the season and scoring passes to tight end Julius Thomas and Allen Robinson. Thomas led all receivers with nine receptions for 116 yards and five catches for 56 yards.

Following Robinson's TD, the Jaguars' onside kick attempt went out of bounds. The Chargers ran out the clock to seal their first NFL win since Week Four.

SAN DIEGO GAME NOTES - Three of Rivers' scoring passes came in the second quarter... The Jaguars rushed 19 times for 102 yards, with 33 yards by Bortles on six carries... Rookie running back T.J. Yeldon rushed nine times for 36 yards and did not have a carry in the red-zone... The Jaguars scored on their opening drive for the just the third time this year... Fans booed San Diego coach Mike McCoy's seemingly insensitive decision to challenge the play in which Hurns was hurt and carted off field... The 21 points were the most allowed by the Jaguars in the fourth quarter this season.

WHAT WAS HE THINKING - QB Blake Bortles twice crossed the line of scrimmage in the red zone while attempting a pass. The penalty resulted in loss of down and two field goals instead of possible touchdowns. Bortles said he never did that in his life until twice on Sunday. Despite the mental lapse his passing game is showing improvement. He has 22 touchdowns and 13 interceptions so far this season after 10 touchdowns and 17 interceptions last year.

NOT SEEING RED - For the Jaguars the red zone has been more like the Twilight Zone this season as they continue to have trouble scoring inside 20-yard line. In the last five games, Jacksonville has scored five touchdowns in 18 trips to the red zone. Jacksonville had it on the 4, 9, 10 and 8 and came up with 16 points. Their only red-zone TD Sunday was an eight-yard pass from Bortles to wide receiver Allen

Robinson with 1:21 remaining. The Jaguars now rank 30th in the NFL with touchdowns on 15 of 36 red-zone possessions.

HURNS LEADS INJURED LIST - Second year receiver Allen Hurns sustained a concussion in the fourth quarter. Hurns is in the NFL's concussion protocol program. Hurns caught four passes for 42 yards Sunday and has 48 receptions for 758 yards and seven touchdowns this season. He set a franchise record by catching a touchdown pass in seven consecutive games. Hurns started the first 11 games. Otto linebacker Dan Skuta's status is day-to-day this week. He was inactive for a second time in three games Sunday with a groin injury.

RIVERS' RECORD - With 300 yards passing on Sunday Philip Rivers became the 17th quarterback in NFL history to surpass the 40,000 mark for career passing yards. He passed Joe Montana (273) and tied Vinny Testaverde (275) for 11th on the passing touchdown list, reaching the number in only 158 games to become the fourth fastest to hit that milestone.

AROUND THE AFC SOUTH - The Jaguars entered the Chargers' game a game out of first place in the AFC South. With Houston (6-5) and Indianapolis (6-5) winning, the Jaguars are two games behind. The Texans (6-5) remain tied with the Colts atop the AFC South after knocking off the New Orleans Saints 24-6 Sunday. The Colts are tied for first place in the AFC South, due in no small part to backup QB Matt Hasselbeck's stellar play in four victories without a loss.

Sharks boys basketball hosts Nease Friday night

Jim Moyes

Special to the Recorder

After a heartbreaking overtime loss in their season opener to St. Augustine, and an expected defeat on the road to one of the nation's top teams, the Ponte Vedra boys varsity basketball team has bounced back by defeating two talented foes to even their season record at 2-2.

Both victories were hard earned with the first win coming against an undefeated Creekside team by the score of 67-63. Their next victory was even more tightly contested as the Sharks needed a last second three pointer to edge a very athletic Mandarin five 89-86.

The Sharks will now turn their attention this week to Clay, Fletcher and archrival Nease as hopes are high that the Sharks could post a

sweep of this week's action.

After a district road trip to Clay Co. this past Tues., and a short jaunt the following day up A1A to battle neighboring Fletcher, Ponte Vedra will return home after five straight road games to face arch rival Nease High tomorrow night (Fri., Dec. 4) at the Shark tank.

In Ponte Vedra's exciting win over Creekside, a large and enthusiastic crowd, mostly from a loyal student body turnout from host Creekside, shouted in glee as their beloved Knights came out on fire and raced to an early 22-13 first quarter lead before the Sharks began to settle down.

The Sharks tightened up their defense in the second quarter and cooled off the hot shooting Knights by outscoring Creekside 12-8, cut-

ting the Knights lead down to a more manageable 5 point advantage heading into the halftime break.

The lone senior that saw action during the contest, Matthew Johnson, and junior JD Pirris then combined to score 27 second half points as Ponte Vedra outscored Creekside 42-33 to earn a well-deserved 67-63 victory. Johnson would finish with 19 points on the evening with Pirris adding 18.

Veteran head coach Bud Beech received some outstanding clutch play from juniors Dean McCarthy and Mike Nicandri during the fiercely fought contest.


McCarthy chipped in with nine points off the bench while Mike

Nicandri came up with some huge plays in the final four minutes of play to help the Sharks post their first victory of the young season.

With Creekside applying some tenacious pressure defense, Nicandri's superior ball handling skills forced the Knights to foul, and Mike made them pay as he was a perfect 6 for 6 from the line in crunch time. Nicandri, who finished with a career high 12 points, helped improve the team's free throw percentage from their previous two games to a more respectable mark of 16 out of 22 from the stripe.

Ponte Vedra played but one game

SHARKS continues on **Page 48**



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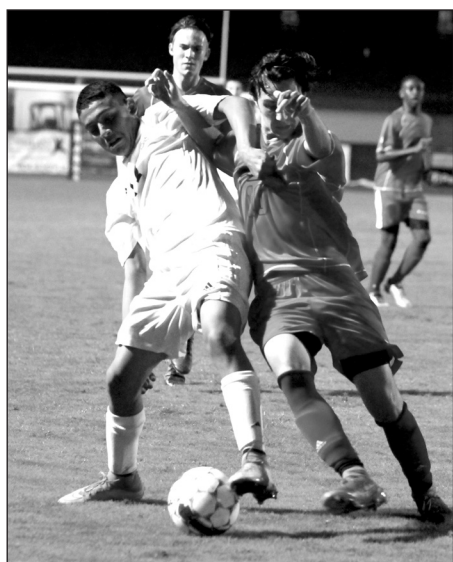


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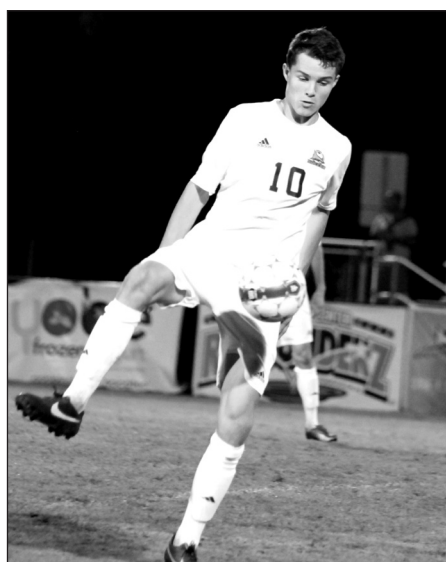
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The Sharks' Steven Sifontes fights for control.



#22 Nick Kostrubsky launches a shot that scores for the Sharks.



Johnny Stephens of Ponte Vedra fields a pass.



#2 Michael Bennet keeps control of the ball despite a challenge.

Sharks soccer boy mercy Seabreeze after one half

By Jerry Norton

The Recorder

The Ponte Vedra boys' soccer team played host to the Seabreeze Sand Crabs from Daytona Beach and the Sharks were less than gracious hosts posting an 8-0 mercy win that ended after the first half was completed.

Seven different Sharks were in on the goal scoring as Ponte Vedra improved its unbeaten record to 10-0.

Jack Bingemann scored the Sharks' first goal at the 31:22 minute mark then twenty seconds later Munir Adamo converted a Bingemann pass to put Ponte Vedra up by two.

After that, goals continued to come in bunches as Nick Kostrubsky and Matt Fishmann scored within three minutes of each other. Fishmann's goal came on a deflection.

Then Johnny Stephens and Steven Sifontes each took advantage of some less than stellar play by the Sand Crab keeper. Stephens' goal came of a long arcing shot that the goalie mishandled and Sifontes' goal, another long range kick, found an open net as the visiting keeper was far out of position out in front of the cage.

Sifontes' second goal came on a penalty kick after the keeper was



#17 Steven Sifontes of Ponte Vedra heads the ball into the goal.

Photos by Chris and Jerry Norton

flagged for dragging down a Shark in the box with a block in the back.

Donovin Crowley's header from 25 yards out put Ponte Vedra up by 8 and when the first half buzzer

sounded the Sharks had their tenth win of the season.

Shark keeper Brian Salzman did not have a very busy night. He was called on to make just two saves,

one coming of the only corner kick of the game in the final minutes.

On Monday, the Sharks will travel to arch rival Nease for a 7:20 p.m. game.

#23 Donovin Crowley of the Sharks watches his header find the back of the net



#17 Steven Sifontes of Ponte Vedra watches as his header finds the Seabreeze goal.

Sharks athletes sign on with early college commitments



Ponte Vedra High School senior and team captain, Hannah Berman, signed her National Letter of Intent to play her college golf at the University of West Florida. Berman lettered in golf for seven years, playing from 6th-9th grades at The Bolles School and 10th-12th at PVHS, where she was a two-time MVP, District Champion, two-time Regional Champion and led the team to the State Championship tournament in each of her three years. At a recent team banquet Berman received a Lifetime Achievement Award on behalf of both schools. Said her swing coach John Berardi of Ponte Vedra's Berardi Golf Academy, and who has worked with Hannah since she was 11 years old, "I've been around this game for a long time, and there are few people like Hannah." He continued, "She is certainly a gifted athlete who is only going to get better as she blooms in college, but she has done things with her game outside the ropes that few adults have done. She managed to blend her love for the game with her passion for caring about other people. She's just got a big heart, and she has a maturity that we don't see in kids very often." Berman was the 2015 recipient of the USGA/AJGA President's Leadership Award for her community service work.



Pictured from left to right are Hannah Berman (golf, University of West Florida), Logan Membrino (golf, Elon College), Greg Celani (lacrosse, North Greenville College), JD Norris (baseball, University of South Carolina Beaufort), Jack Layrisson (baseball, NW Florida State College), Abby Reimer (cross country, UNC-Ashville) and Erin Landis (basketball, Ava Maria University).

Community Submission

Ponte Vedra High School held its early college commitment signing day on Nov. 19.

Assistant Athletic Director Thomas Stanton spoke about how unique it is to be a college scholarship athlete, let alone an early commitment.

"It means these schools thought

highly enough of each of you to insure they wouldn't lose you by asking you honor them with an early commitment," Stanton said. "Less than 12 percent of high school athletes go on to the next level. Congratulations to each of you and your families on hard work paying off."

Seven players signed the early National Letters of Intent, Hannah

Berman (golf, University of West Florida), Logan Membrino (golf, Elon College), Greg Celani (lacrosse, North Greenville College), JD Norris (baseball, University of South Carolina Beaufort), Jack Layrisson (baseball, NW Florida State College), Abby Reimer (cross country, UNC-Ashville) and Erin Landis (basketball, Ava Maria University).



Hannah Berman (seated) with the Lady Sharks Golf Team: Sophie Membrino, Ashley Burke, Megan Burke, Julie Snow, Gabby Abbosh and Theresa Irwin.

Local athlete honored at college level

Community submission

Bella D'Errico, who hails from Ponte Vedra Beach and attended PVHS, was awarded the Femina Perfecta award by her softball team this year at the Champions Beyond the Game Ceremony at Florida State University.

The Femina Perfecta award, meaning "complete woman," is given to a member of each of the eleven teams. The

recipient of the award exemplifies the motto of the Florida State University seal, which has three torches and the words "VIRES, ARTES, and MORES." This represented the goal of the college. The recipient will not necessarily be the most intellectual, fastest, strongest or top scorer — but should be the one who is invaluable to the team and will always make a difference.



Bella D'Errico is a former Ponte Vedra High School and current Florida State University softball player.

Photo provided

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—Olevia Brown-Klahn, *musician*

An uplifting journey awaits you ...

Sharks

Continued from 45

during Thanksgiving Week but it was one that rewrote the record book.

In a race horse game at Mandarin on Tues., Nov. 24, the Sharks poured in a school record 89 points in their victory over Mandarin, shattering the former mark of 79 points set in the 2011-12 season in a win over Bartram Trail.

The Sharks needed every one of those points as Mandarin netted 86 in a tightly contested game that saw neither team take a lead at anytime wider than a slim five point margin.

The Sharks trailed the host Mustangs by two points, 47-45 following a high scoring first half of action.

The third quarter turned into a scoring duel between the Sharks' Matthew Johnson and Mandarin's Jeff Coulages as the pair scored a combined 24 points, Coulages 13 and Johnson 11 as the Mandarin lead remained at 2 at 67-65 heading into the final hectic quarter of play.

Neither time was able to pull away from one another in the final stanza.

Shark guard Mike Nicandri drilled a 3 pointer from the corner to give PVHS a slim 82-81 lead with 3:10 left to play. Mandarin continued their uncanny out court shooting and moved out to a three point lead at 85-82 before JD Pirris hit a driving layup to pull the Sharks within one at 85-84.

Following a missed Mandarin free throw, Ponte Vedra's 6'7" sophomore center Jack Johnson rebounded a missed Shark field goal attempt and scored to give his team a 86-85

lead with but 0:27 remaining in regulation.

The Mustangs Coulages, made one out of two free throws with 20 seconds remaining in the contest to knot the score at 86-86.

It looked like this game was headed for overtime when JD Pirris's shot missed the mark.

However, his attempt was tipped back to Matt Johnson who sank a long 25 foot jumper that swished through the nets as time expired to give the Sharks a hard-earned 89-86 victory.

Interestingly enough, it was Matt Johnson's older brother, Jackson, who hit a long three point shot at the end of regulation three years ago against Mandarin that sent that contest into overtime, a game the Sharks won in the ensuing OT period.

Matt Johnson led the Sharks in scoring with 25 points but a number of other Sharks played very well in the victory.

JD Pirris netted 22 points while Nicandri and Jack Johnson were also in double figures with 10 and 11 points respectively. Dean McCarthy came off the bench to give veteran head coach Bud Beech a big boost with 8 points.

Easton Hensley played a major role in the victory by leading the Shark rebounders with 9, added three assists, a steal and a block while committing no turnovers in a solid effort.

Jack Johnson also inserted his name into the Ponte Vedra record book by blocking 6 Mandarin shot attempts, equaling the former mark he now shares with current University of North Florida All Star Beau Beech.

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Letting go of someone who isn't right for me

Dear Neil,

After this gentleman first asked me out, I told him I was not girlfriend material. I am a single parent going to college. He is a bachelor and has a couple of roommates.

He's in his middle 40's, doesn't have a steady job, doesn't have a driver's license or a vehicle and doesn't have a cell phone so we can communicate. (He does have a landline phone and a computer at home.) It feels like I'm always taking care of him by driving to where he lives and then driving us to something fun, and I am paying for everything.

Here we are several months later and I don't know how to break up with him without him breaking down and crying, or doing something horrible to himself. What should I do?

— *He Doesn't Fit What I'm Looking for in Parker, Colorado*



Neil Rosenthal
Columnist

Dear Colorado,
This man sounds as if he has very little to offer you, and you are not required to stay in a new relationship unless you want to stay—and unless you feel like there's something in this for you. So let him go. You are not responsible for his hurt feelings if you wish to leave him, but after you break it off, you might inform his roommates to keep an eye out for him if you think he is that emotionally fragile.

It is not wise to stay in a relationship that doesn't serve your needs, and a man who doesn't drive and has no money appears to offer you very little. So find your voice and tell him this isn't what you are looking for—and break up with him.

Dear Neil,

I am guilty of mothering my boyfriend. I am 22 dating a 25 year old guy. I have a problem with his drug misuse. He takes higher doses than the prescribed ones, and one time had a seizure as a result, but he refused to see the doctor or inform his family. I am scared that something might happen to him, but whenever I confront him we get into a heated argument—and he tells me I am not his mother and to quit treating him like a child. How do I help him without acting like his mother?

— *Not Trying to be His Mother in Kenya*

Dear Kenya,

You could do what he refuses to do. Contact his family and his doctor and tell them what he's doing. He's the only one who can fix this—and he is refusing to do that—but you simply cannot fix

someone who doesn't want to be fixed. He will be upset with you, but if he had a seizure and won't take the hint, what do you think will happen to him long-term?

You might need to back away from the relationship, but you could reassure him that you will be there for him while he's getting treatment for his addiction. If you don't let his family and his doctor know what he's doing, how would you feel if you helplessly stood by and watched him self-destruct—or discovered him in a life-threatening condition?

Neil Rosenthal is a licensed marriage and family therapist in Westminster and Boulder, Colorado. His column is in its 24th year of publication, and is syndicated around the world. You can reach him at 303-758-8777, or email him through his website: www.heart-relationships.com. The second edition of his book: "Love, Sex and Staying Warm: Creating A Vital Relationship," recently hit the #1 best seller list on Amazon.

Your next car: to lease or to buy?

Nathaniel Sillin

Guest Columnist

According to Edmunds.com, more than 25 percent of new American cars are now financed by lease instead of loan, and most of the people making that choice are under age 35.

It's all about the lowest possible monthly payment.

Yet for drivers young and old, leasing has grown substantially because it can also be done with little or no money down and the chance to get a newer, better car for less money overall.

The main disadvantage? You won't own the car unless you buy it at the end of the lease, which may or may not be a good deal.

Experian Automotive – a division of the major credit reporting service – reported in mid-2015 a nearly \$100-a-month savings for those who lease cars versus those who buy their cars by loan.

Their numbers showed the average monthly payment for a brand-new leased vehicle was \$394 a month against \$483 for a new vehicle pur-

chased by loan.

So would leasing be a good deal for you? Don't decide without research, qualified advice and a thorough look at your finances. Start with the major pros and cons:

Leasing

Pros: Lower down payments and monthly payments than required with a conventional auto loan; low repair costs thanks to factory warranties typically tied to the term of the lease (usually three years); easy drop-off or trade-in once the lease expires; and lower sales tax expense because the lease is based on only three or four years of use.

Cons: You're essentially renting a car, not buying it – payments are cheaper because you're really only paying interest and depreciation expense and not receiving any equity in the vehicle; annual mileage caps (usually 12,000-15,000 miles) come with stiff penalties if you exceed those limits; and potentially steep fees for excessive wear-and-tear on the car or early termination of the lease.

Buying

Pros: Freedom to put as much or as little mileage, wear-and-tear and modification on the vehicle as you choose; long-term (100,000 miles or over) car ownership with good maintenance can be much more economical long term; and because you own the car, you can sell at any time.

Cons: You'll generally require a higher down payment than a lease; monthly loan payments are generally higher because unlike leasing, you'll be taking ownership of the car once it's paid off; once factory warranties expire, you'll take on full maintenance costs for an aging car that may or may not be expensive; and you'll have more cash tied up in a depreciating asset for as long as you own the car.

All these positives and negatives aside, it's important to know that with loans and leases most details are negotiable, so it's important to do your research.

Start by estimating how much car you can actually afford (<http://www.practicalmoneyskills.com/HowMuch->

CarCanYouAfford) and seek out qualified financial and tax advice to shape how you'll approach the best possible deal for your financial situation.

For many, leasing requires more extensive study because this form of financing is relatively new to most drivers and the terminology (<http://www.cars.com/advice/>) can be daunting. But generally, the best deals depend on two major factors – negotiating the lowest price on the vehicle going in and making sure it's a vehicle that has a high estimated post-lease value. In short, the lessor's ability to keep making money on a high-value leased vehicle allows a lower monthly payment at the start.

Bottom line: If you need a vehicle, it pays to evaluate whether lease or purchase makes the most sense for you. Know your needs and get advice so you can make the most affordable choice for you.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: [www.twitter.com/PracticalMoney](https://twitter.com/PracticalMoney).

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Wealth: Help or hurt in a divorce?

Substantial assets in divorce cases evoke all sorts of thoughts and fears. Who among us wants to lose half of what they have? Our income and wealth are our financial security, now, on a rainy day and for retirement. While married couples are in love and thinking in terms of forever, this is not an issue; however, all that changes in the face of divorce.

The primary issues in a divorce are: (1) whether one is entitled to be divorced, (2) property division, (3) alimony or spousal support, (4) children, and (5) attorney's fees to be paid by one spouse on behalf of the other. Arguably, each of these issues might involve some element of finance, but financial issues primarily begin with property division and can affect alimony and attorney's fees.

In theory, a court should first determine property division, then alimony,



Lawrence Datz
Guest Columnist

and finally attorney's fees. For instance, if a divorcing spouse receives actual or potential income-producing assets, he or she might not need as much or any alimony or a contribution to attorney's fees.

When people are married to each other, they naturally accumulate assets and liabilities together. When their marriage ends, those assets and liabilities must be divided. Since 1980, Florida has viewed marriage as a partnership. For instance, if one spouse stays home and raises children and the other is dedicated to the "pursuit of material wealth," the courts generally consider

that each person is making an equal contribution to the marital partnership. Conceptually, like a business partnership, the marital partners should share in the division of their assets and liabilities.

To accomplish this, Florida law uses a legal method called "equitable distribution," which differs from "community property" used in some other states. Under Florida law, "equitable" means fair, and "distribution" refers to marital assets and liabilities, which generally are those acquired or incurred during the marriage. While Florida law requires courts to presume an equal division of marital assets and liabilities, courts may justify an unequal division in some cases.

In cases involving moderate or substantial wealth, each party might receive income-producing assets, such as businesses, rental property, retirement plans, investments, cash, trusts or pretty much anything capable of producing income for an individual. The income derived from assets would be considered the same as income from working for purposes of determining the money available for alimony and attorney's fees.

For example, if one spouse owns a business that produces a healthy income, and the other party is only able to earn an entry-level salary, the business is an

asset providing a means for the owner to pay alimony and the other's attorney's fees. In contrast, if the business owner was able to support herself with her business income, and the non-owner spouse had a similar amount of investment income, neither party likely would be a candidate for paying alimony or attorney's fees. Basically, the closer one is to being able to support himself or herself at the standard of living attained during the marriage, the less likely that person is to receive alimony or attorney's fees.

Financial issues are only part of many weighty issues in divorce. It's simply an overall traumatic experience. Considering the emotions involved, differing circumstances of each family, legal complexities, and effects likely to last for years to come, virtually everyone should have some legal advice. At a minimum, one should seek advice as early as possible in the process from someone who practices family law, but also may want to consider an attorney with further specializations.

Lawrence Datz is a partner at Datz & Datz, P.A. with more than 30 years of family law experience. He is Board Certified in Marital and Family Law, a Fellow of the American Academy of Matrimonial Lawyers and a Master in the Florida Family Law Inn of Court.

From the Oceanside Family... Happy Holidays!

At this time of year, we pause to reflect on the special relationships we hold near and dear. From our family to yours, we wish you the happiest of holiday seasons.

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LOUDON WAINWRIGHT III WITH MELISSA FERRICK DECEMBER 11	JAN. 11 OLATE DOGS WINNERS OF AMERICA'S GOT TALENT	FEB. 13 THE JAMES HUNTER SIX
KEVIN GRIFFIN OF BETTER THAN EZRA DECEMBER 12	JAN. 15 TROMBONE SHORTY & ORLEANS AVENUE w/ NEW BREED BRASS BAND	FEB. 19 ST. PAUL & THE BROKEN BONES
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	FEB. 9 VONDER MOUNTAIN STRING BAND WITH TROUT STEAK REVIVAL	APR. 12 AMY HELM
		APR. 15 RITA WILSON
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Jingle Bells, Jingle Bells

Bonnie Talley
Quiltlady

Every time I go to the grocery store and hear the jingle of the bells of the bell ringer for the Salvation Army, I feel like it is truly that time of year: Christmas. Christmas has always been the most special holiday that I celebrate. I taught Public School Music for 18 years, and only wish I had a nickel for every Christmas pageant that I have presented. I could put wings on an angel in a heartbeat; a new fluffy beard on a robust Santa; and find three bathrobes to fit all three of the adorable child shepherds, at the very last moment, before the curtain went up. It was what we did back in the 50s, 60s and a portion of the 70s.

We never stopped to think whether it was politically correct; we just knew that we had to have a Christmas pageant like the music teachers many years before us, had done. I really don't know how teachers of today handle all of the pressures that are put upon them with so many people critiquing every move that is made. The whole purpose of the Christmas pageant back then was to make sure that

every child had a part in it and was on the stage at least five minutes so the parents could get a quick picture of them for their grandma and grandpa. The fact that it was a pageant following a Biblical passage was never even mentioned. It was what had been done 'ever since Columbus came over on whatever he came over on.

Every child knew the words and music to all of the beautiful Christmas carols. Remember the soldiers singing "Silent Night" with Bing Crosby in the "White Christmas" movie? Nearly every American boy and girl knew that carol for sure. By the late 70's we were adding cutesy songs like "I Saw Momma Kissing Santa Claus," "Rudolf the Red-nosed Reindeer," and many more. The Biblical part of the pageant was fading into history in most Christmas pageants and sadly, all of the carols became tunes of the past, as well.

Nowadays, it would be hard to have a singalong with teenagers and people born even in the 60s. Have you noticed that most of the pro-football players can't even mouth the words of the Star Spangled Banner? In fact, most of the celebrities that they get to sing it don't

know the tune either. It is a beautiful song that needs no improvisation.

With all of this said, I notice that "they" still play Christmas music over the intercom everywhere I shop. Wonder when this will become passé? Never, I hope.

Seeing the beautiful projects that Bonnie DiCarlo (pictured right) exhibited at the Ocean Wave Quilters Guild meeting the second Friday of Nov. at the Players Community Center at 10:00 made me know that she has been doing her Christmas sewing for several weeks already. The project that she is showing in the picture is an adorable tote bag that she has just finished using faux leather, called "pleather." Bonnie teaches many sewing classes at Paula's Fine Fabrics on Baymeadows Rd. She is truly an inspiration.

Sewing for Christmas has always been a big thing with me. Now that we sew so much for the Hospice program, I love sewing with some of the beautiful Christmas fabrics. If you haven't seen the Christmas-themed fleeces that they have now, you are missing a rare treat. Too bad it is so warm here in Florida right now... But think:



in January and February and a good warm fleece throw will feel really good on a chilly night. Two layers of fleece sewn right sides together leaving an 8" opening to flip and turn, will make a great Christmas gift for anyone in your family.

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Ski? Can't I iron instead? Or weed? Vacuum?

My friend and I saw Everest at Imax a while back. I can't tell you how happy I am that there's no way to alpine ski in Ponte Vedra Beach. If there were majestic mountains here, I'd feel obliged to try skiing one time. I did golf once in this golfing mecca and found it impossible—perhaps because I was given golf clubs for lefties—true story.

Five decades ago my brand new husband, Jim, and I honeymooned for a week in the Bahamas after our December wedding. When we returned I gritted my teeth and agreed to go skiing on New Year's Eve weekend. So, with our newly minted suntans, we set off from our New York City apartment and drove up to Mt. Cranmore, New Hampshire.

I wrote in my diary, "Petrified of everything. Kept falling down and couldn't get up, and we were just



Mims Cushing
By the Way...

walking out of the ski lodge—not even on the mountain."

The next day at Cranmore I recorded, "Learned to snowplow, vaguely. Fell off the T-Bar three times. Was sent into the A class." Whatever that was.

Perhaps it stood for one's athletic ability: C stood for Continually Improving, B was for Beautiful Skiing, A was for Apelike.

Late Sunday it was getting dark and it was my final shot at the mountain. I psyched myself up to feel like an Olympian and heard strains of the national anthem. I took the ski lift with Jim. I did the snowplow a few times

and felt confident that I'd mastered skiing.

"You go down ahead of me, Jim." He was an excellent skier and I felt bad about holding him back. He was reluctant to leave me, but I insisted. I'd surprise him and ski down and meet him at the bottom. Besides I was freezing and wanted to get this skiing thing over and done. So, I aimed my skis straight down the mountain.

Quickly and easily I hit my head with a ski and *splat!* Down I went. God forgive me, I remember thinking, maybe I've broken a little something so I can relax in the lodge. Shameful! I lay there for a while, knowing I wasn't dead or hurt and didn't budge. Jim's skis *crunch* — *crunch* — *crunched* up the mountain to get to my side.

My knight in snazzy ski clothes rescued me. I attempted to ski a bit more, and then we walked down the hill, me,

gingerly. Very romantic. We had a great dinner and drove home.

The next day we subways to work. He to Wall Street, I to a skyscraper in midtown. Never was I so happy to do my boss's expense account all morning. I wasn't skiing! "Oh you poor thing!" My fellow secretaries cooed and gathered 'round to listen to the story of my "crash."

"Oh it was nothing," I assured them modestly.

Jim forgave me for being a crummy skier and took me to Schrafft's for lunch. I went to the mountains with him a few more times and he was fine with me staying in the ski lodge with cocoa and a nap. That's my kind of skiing. Cocoa, a nap and a good book. Heaven. After a while I had a couple of kids so they could eventually keep him company.

My kind of town, Ponte Vedra is...

THEME: YEAR IN REVIEW

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ACROSS

- C in ROTC
- A Bartholomew Cubbins accessory
- From a great distance
- Dickens's Heep
- Credit card acronym
- Falstaffian in body
- One with lowest voice
- South Pacific welcome
- Capital territory of India
- *Escaped Mexican drug lord
- *Formerly Bruce
- This is well if it ends well
- Make over
- Public health promoting org.
- "_____ and sound"
- Brilliant or magnificent
- Fast time
- Australian palm
- Sometimes done to a relationship
- Medley
- *Presidential candidate and celebrity
- Printing unit
- Mandarin's headquarters
- _____ crazy
- Gulf War missile
- Based on two
- Change to copy
- Give it a go
- Wine and cheese descriptor
- Jersey call
- *He visited U.S. with great fanfare
- *New late night host
- Hawaiian veranda
- *_____ Paul teamed with Rihanna and Kanye
- Madagascar primate
- Set straight
- _____ you sure?
- Like one of eight in college basketball
- Phoenix suburb
- Swerve
- Scatterbrained

DOWN

- 27 to 3
- Kind of account
- Reduced Instruction Set Computer
- Turkish bigwig
- Sandbanks
- Beyoncé's 2008 hit
- Tarzan's adoptive mom
- Jiffy or instant
- Lend a criminal hand
- Succumbed to gravity
- Zombie's skin color
- Bit attachment
- Unequivocally detestable
- Manufacturing site
- Online pop-ups
- Reckoned
- *Major fight winner
- Flying nuisance
- True inner self
- Evergreen trees
- Livens up
- Give a boot
- Happen again
- *Deflategate star
- Three-_____ sloth
- In the middle of
- Best of its kind
- One of B-vitamins
- Computer-generated imagery
- What the bell did?
- English homework
- Plural of obelus
- Kind of drumbeat
- Respiratory rattling
- Black tropical cuckoo
- Hindu serpent deity
- *They went down with the El Faro
- Discharge
- Tracks after rain
- *Stephen Curry was a master at hitting this shot
- Easter Rising product

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