

Recorder

November 16, 2017
Volume 47, No. 46
75 cents

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PonteVedraRecorder.com



APPRECIATING OUR PATRIOTS

Students at the Bolles Lower School Ponte Vedra Beach campus honor veterans during a flag ceremony held Nov. 10. For more Veterans Day coverage, read page 5.

Photo courtesy of The Bolles School

Healthy for the Holidays
Pages 15-18



Fall Home Improvement
Pages 19-21



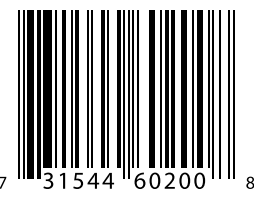
Business Weekly featuring Who's Who in Finance
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FW6-LV4572

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Send us your news

We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening.
E-mail submissions to pvrecorder@opcfla.com
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PUZZLE SOLUTIONS

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Solutions correspond to last week's puzzles.

WHAT'S THIS?



Do you know what this is?

Email your answer to jonb@opcfla.com
by Monday at 5 p.m.

All correct entries will be entered into a random drawing to win tickets for two adults and two children to the Jacksonville Zoo. In order to allow as many families as possible to win, participants are only eligible to win a ticket prize pack once every four months.

31 readers correctly identified last week's photo as the Ponte Vedra Concert Hall sign. Good job, everyone! The winner of the random drawing was **Jesse Kenner**. Congratulations, Jesse – you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET



CAT OF THE WEEK

My name is Anna, and I am a 6-year-old female cat who is looking for a new home. I was brought to the pet center by my owners because they could no longer care for me. Come visit me today here at the pet center! #40143



DOG OF THE WEEK

My name is Odie, and I am a 7-year-old female lab/hound mix who is looking for a new home after my family gave me up to the pet center. I am heartworm positive, so the adoption fee is waived. The friends of the pet center are willing

to sponsor up to \$250 toward the treatment of the heart worms. Come visit me today here at the pet center! #40356

Any new pet being introduced to a new home will need time to adjust to its new environment. Please reinforce house training and behavioral training, and be mindful of interacting with other pets.

St. Johns County Pet Center

Cat adoptions at the St. Johns County Pet Center are \$30 for males and \$40 for females. Dog adoptions are \$45 for males and \$60 for females. Adoption fees include microchipping, neutering/spaying, rabies vaccinations and shots. The pet center is located at 130 N. Stratton Road off U.S. 1 between County Road 210 and International Golf Parkway. Business hours are Tuesday through Friday 9 a.m. to 4:30 p.m. and Saturday 9 a.m. to 4 p.m. The center is closed to the public on Sunday. On Monday, the office is open by appointment only to claim a lost pet. For more information, please call the **St. Johns County Pet Center at (904) 209-6190.**



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PV2-LV44593



Photo courtesy of the St. Johns County Sheriff's Office
Christopher Michael Richard

Ponte Vedra Beach man arrested on child pornography charges after investigation

By Paris Moulden

A Ponte Vedra Beach man was arrested on charges of 20 counts of child pornography last Thursday, Nov. 9.

Christopher Michael Richard, 39, was taken into custody without incident by St. Johns County Sheriff's (SJSO) officers at his residence at 611 Ponte Vedra Lakes Blvd., Apt. 4303.

Officers from the sheriff's office's Internet Crimes Against Children (ICAC) department began investigating Richard approximately a month ago after receiving information that a person was uploading images of suspected child pornography, according to a statement from SJSO.

The sheriff's office executed a search warrant of Richard's home on Nov. 9 and seized numer-

ous electronics devices. Images and videos depicting the sexual abuse of children were located on a computer belonging to Richard, the sheriff's office said in the statement.

Richard was booked at the St. Johns County Jail, and released Saturday on a \$100,000 bond. Additional charges are pending further investigation by SVU/ICAC detectives of the sheriff's office.

Ponte Vedra Beach resident finds metal in Halloween candy

By Samantha Logue

Halloween may be known as a night of "tricks and treats," but the metal shards Ponte Vedra Beach resident Lucille Bastion found in her stepdaughter's Halloween candy appear to have been unintentional, according to the police report filed by the St. Johns County Sheriff's Office (SJSO).

Bastion notified SJSO of the incident on Nov. 6, stating that it was the suspicious look of one of her stepdaughter's candy wrappers that first caught her attention. According to the report, the wrap-

per "appeared to be three separate candy wrappers which were never separated by the manufacturer." After further inspection, Bastion found small fragments of metal inside the candy bar. She informed SJSO that she did not know which house her stepdaughter had obtained the candy from, but that she had contacted the candy manufacturer to inquire further.

After examining the wrapper, SJSO concluded that the incident was most likely the result of a manufacturing equipment malfunction. The incident is not being investigated as a criminal matter.

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LETTER TO THE EDITOR

To the St. Johns County School Board,

As a parent, your choices affect not just those parents I advocate for, they impact my family directly as well. As stated on my website (www.denver-cook.com), I am concerned for the “academic success, social resilience and emotional strength” of our kids as similarly stated in an email we received last Wednesday from Superintendent Tim Forson to “provide educational, social and emotional stability during transition years.”

On Tuesday you passed new attendance zoning with little fan-fair. You also sat silent and seeded your authority to the superintendent and allowed him to modify long-standing policy related

to grandfathering with no public comment. His “recommendation” became a “management decision” even as you stated it was related to attendance zoning.

This change was a reactionary decision designed to reduce public criticism of the attendance rezoning process, highlights the failures of this process and represents politics at its worse. Had you partnered with parents and the community in 2016 these challenges would have been addressed well before any proposals were presented to the public in September.

We teach kids in science that every action has an equal and opposite reaction. This “management decision” will have a positive effect on current sixth graders and a negative effect on current fourth to fifth graders. This conversely diminishes the educational and social-

emotional opportunities for the current fourth to fifth grade students who will attend these new schools. This reduces the capacity for providing resources (computers, equipment, etc.) to these new schools through PTO/SAC efforts. Combined, these impacts will diminish the staff and parents’ ability to provide for the long-term success of these students.

In essence, this “management decision” removed educational opportunity from a larger and younger population of students than it stabilized. When we should be focused on developing every student’s potential, you have allowed the superintendent to act so you don’t have to go on the record and make decisions.

After spending four hours meeting face-to-face with parents at Starbucks, plus an afternoon and evening of phone

calls, I offer solutions. I proposed you reverse this reactionary “management decision” and evaluate the feasibility of converting Valley Ridge and New K-8 sites into a middle school and an elementary school. This would address the population challenges, enhance middle school opportunity and stabilize PTO/SAC efforts across the community.

You were not elected to make a choice that picks winners and losers for short-term political gains nor to enhance the district’s financial position. You were elected to ensure EVERY child could achieve their full potential.

I challenge you, the current board, to finally take bold action and partner with my community to ensure the success of our children. We CAN do better, and OUR children deserve better.

Denver Cook, Ponte Vedra

Ponte Vedra Beach Rotary clubs award Rotary Youth Exchange scholarships

The Rotary Club of Ponte Vedra Beach and the Rotary Club of Ponte Vedra Beach Sunset have awarded Rotary Youth Exchange (RYE) scholarships to a Ponte Vedra High School student and Nease High School student, respectively.

Audrey Copeland of Ponte Vedra High School is using her scholarship from the Rotary Club of Ponte Vedra Beach to study this year in Italy. Grace Schneider of Nease High School is using her scholarship from the Rotary Club of Ponte Vedra Beach Sunset to study this year in Croatia.

Valued at more than \$24,000, the RYE Scholarship is an in-kind scholarship that covers the cost of room, board, tuition and a monthly stipend for one academic year of high school studies abroad. Each year, more than 9,000 students worldwide between the ages of 15 and 18.5 years old receive a Rotary Youth Exchange scholarship.

Beginning last December, Copeland and Schneider began meeting with Rotarians and former exchange students for screening, training and sharing of cultural experiences. They were matched to inbound Rotary students and were involved in extensive language training and preparation to be immersed in their respective host cultures.

The Rotary Club of Ponte Vedra Beach also awarded scholarships to three inbound foreign exchange students from Sweden, Poland and Slovakia. These students arrived in August and will spend the 2017-2018 academic school year studying at a local high school.

Additionally, the Rotary Club of Ponte Vedra Beach Sunset awarded scholarships to two inbound foreign exchange students from Turkey and Croatia. These students also arrived in August and will spend the 2017-2018 academic school year studying



Audrey Copeland

at a local high school.

The Rotary Youth Exchange Program began in the 1920s, and its primary mission is to work toward peace and understanding in the world. Approved by the U.S. Department of State, Rotary Youth Exchange is a member of the Council on Standards for International Educational Travel (CSIET), a nonprofit organization committed to setting standards for international educational travel and monitoring compliance with those standards.

The Rotary Youth Exchange Scholarship program in Florida is growing through the efforts of local Rotary clubs and the multi-district organization, Rotary Youth Exchange Florida, Inc. (RYE FL). Each of the eight Rotary Districts in the Sunshine State are committed to promoting Rotary Youth Exchange, and at least half of these districts have been honored with Rotary District Achievement Awards at the annual conferences of the North American Youth Exchange Network. Currently, RYE FL has exchange agreements with more than 35 countries and has an annual exchange ratio of 1:1, resulting in more than 70 American students from the State of Florida participating.



Grace Schneider

RYE 2018-2019 scholarships

Applications are now being accepted for the 2018-2019 academic year scholarship. In addition, the Rotary Club of Ponte Vedra Beach, the Rotary Club of Ponte Vedra Beach Sunset and Rotary Youth Exchange Florida are seeking potential host families for the 2018-2019 academic year. The host family is responsible for providing room and board for the inbound exchange student for approximately three months, and is a vital part of the exchange program experience.

Both Ponte Vedra Beach Rotary clubs have a dynamic membership of men and women actively dedicated to fostering service above self in the community and around the globe and are part of Rotary International District 6970.

For more information about becoming a Rotarian, being a host family or recommending an American high school student for the Rotary Youth Exchange Study Abroad Scholarship, contact Jeff Hart, RYE chairman of Rotary District 6970 at jeff@ryefl.org or (904) 517-3493.

SJCSD releases schedule for 2018 graduation ceremonies

The St. Johns County School District has announced the schedule of 2018 graduation ceremonies for St. Johns County high schools and First Coast Technical College (FCTC).

Thursday, Jan. 25

5 p.m. – First Coast Technical College, FCTC Campus, Bldg. C

Tuesday, May 15

4:30 p.m. – St. Johns Virtual School, District Administrative Building Auditorium

Wednesday, May 16

7 p.m. – St. Johns Technical High School, St. Augustine High School Auditorium

Thursday, May 17

7 p.m. – Pedro Menendez High School, St. Augustine Amphitheatre (SAA)

Saturday, May 19

9 a.m. – Creekside High School, University of North Florida (UNF)

1 p.m. – Ponte Vedra High School, UNF

Monday, May 21

7 p.m. – Allen D. Nease High School, UNF

Tuesday, May 22

7 p.m. – Bartram Trail High School, UNF

Wednesday, May 23

7 p.m. – St. Augustine High School, SAA

Friday, May 25

4 p.m. – First Coast Technical College, FCTC Campus, Bldg. C

Bolles students honor veterans during lower school flag ceremonies

Bolles students and faculty from the lower school Ponte Vedra Beach and Whitehurst campuses honored military veterans during special flag ceremonies held Nov. 10.

Both campus communities hosted faculty and family members who served, and

the Ponte Vedra Beach Campus provided special tables for students and teachers to display photos of their military loved ones. Students also recited the Pledge of Allegiance, read poetry and sang patriotic songs in honor of their special guests – and all who serve in the military.



Photo courtesy of The Bolles School

GORUCK TEAMWORK CHALLENGE TAKES PLACE AT BEACHES EPISCOPAL SCHOOL



The first ever GORUCK Teamwork Challenge took place at Beaches Episcopal School Nov. 3. This event created a team-building experience centered on the shared values of Beaches Episcopal School (BES) and the U.S. Special Forces. Led by an experienced combat veteran of special operations, Pre-K3 through sixth-grade students completed light physical and mental challenges as a team. The challenges reinforced BES' honor code to uphold the values of respect, integrity and responsibility.

Photo courtesy of Beaches Episcopal School

AT&T DONATES \$35,000 TO K9s FOR WARRIORS

Greg Wells and Utah (left) receive a \$35,000 check on behalf of K9s For Warriors from Joe York and Heather Duncan of AT&T. The company has partnered with the Ponte Vedra nonprofit as part of its Thank Our Heroes campaign. The \$35,000 donation is part of a \$500,000 contribution from AT&T to veterans organizations across the country.

Photo courtesy of AT&T



LEFT: Joyce Scott, Nelson Johnson (97 years old, Army veteran in WWII) and Helen Martin

BELOW: Vietnam veteran and Rotarian Bill Hill (left) shares his combat experiences with the attendees of the luncheon alongside fellow Rotarians Don Blackburn (WWII veteran) and Bruce Barber.

Photos by Jon Blauvelt

Council on Aging hosts veterans luncheon

By Jon Blauvelt

THE PLAYERS Community Senior Center (St. Johns County Council on Aging facility) hosted a veterans luncheon Nov. 9 that was organized by the Rotary Club of Ponte Vedra Beach.

Before enjoying a barbecue meal from Woody's, attendees of the event had the opportunity to hear from Jonathan Pruden, a Wounded Warrior Project (WWP) employee and Army veteran. He spoke about his combat experience and career with WWP, and ultimately thanked the seniors in the room for their military service and contributions to society.

"I just want to thank you all so much for paving the way for this generation, for being that voice both in the communities and up on Capitol Hill, saying, 'Hey, we need to do better for today's generation of veterans,'" he said. "We are standing on your shoulders, and we owe you a tremendous debt of gratitude, for everything you've sacrificed to make



it better for us and to defend all of the freedoms that we as citizens enjoy here."

Rotarian Bruce Barber then introduced and recognized the group of veterans in the room, who served across branches of the military in World War II and Vietnam.

Also at the event, the senior center recognized Chris Tokarski for his service as a dedicated volunteer at the facility.

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Megan Hulling is the owner of CrossBarre Inc. in Ponte Vedra, which assists women of all stages in life and degrees of athleticism to achieve quick and powerful fitness results.

Megan Hulling

By Jon Blauvelt

Can you please briefly tell us about your background?

I am a native of Ponte Vedra Beach. Sports and education have always been important to me, having graduated from Nease in 2002 and continued to Auburn University in 2006 and then completing my Master of Education through Liberty University. I was a competitive athlete from a young age and unfortunately suffered a life-changing disc injury at 19 due to overuse, bad training patterns and chronic, high intensity training without proper mobility and core strength. I used this difficult season in my life to educate myself, become certified and begin a career after college in personal training and corrective exercise. 10 years, two children, a passion and calling in life led me to create CrossBarre Inc. back in my hometown.

What inspired you to open CrossBarre Inc.?

After I had my children, Ruby (4.5) and Wyatt (6), I began training one-on-one clients again out of my home studio. This quickly caught fire and grew into small group training with women in my neighborhood. I saw the positive results these women were getting physically, emotionally and behaviorally through working out in community with one another. Offering them the ability to build relationships while participating in a very effective form of exercise without hurting themselves became my passion. High intensity + low impact training in community = CrossBarre. I believe in crosstraining. Cardio, barre isometrics, dance, pilates, yoga, HIIT (High-Intensity Interval Training), etc. I built my brand on the concept of well-roundedness and longevity for women of all levels.

What are the benefits of Barre workouts?

I like to think of CrossBarre as a fitness studio, not necessarily a Barre studio. To me, the ballet barre (hence the term “barre fitness”) is a tool, much like a kettlebell, dumbbell or resistance band is a tool. We use the barre to teach balance, alignment, hip mobility and core strength through the use of isometric and dynamic movements. The benefits of our style include improvements in physical stamina, core strength, flexibility, muscle growth, anti-aging cognitive effects, joint pain reduction and body sculpting.

What makes your training community unique?

We are unique in that each class we treat as its own by catering to who shows up that day. We know our clients personally and work diligently to accommodate their physical limitations, injuries and goals in a way that many would find difficult to do in a group setting. We create space for all body types, fitness levels and degrees of athleticism by offering levels or modifications throughout each class. We also are proud to be a mom-advocate studio. We offer a babysitting service during class, allow babies on board in certain class times and extend “Grace upon Grace” to our clients. In fact, this is our motto we share in the studio. The vibe is infectious. We are often silly, hilarious and vivacious. Most of all, these women are creating a tribe to do life with, and it is my job to nurture that!



Photo by Jon Blauvelt

What are some of the challenges facing the fitness industry today?

I believe there are two major challenges the fitness industry is facing today. The first challenge I see is the high impact fitness trend. I do not believe this style of training has longevity, and therefore, is not setting up their clients for long-term success. It is a fad, and when the clients start getting injured they quit, or worse, end up at the orthopaedic and physical therapy for simply attempting to do things they have no business doing.

Secondly, the fitness industry can be incredibly competitive and self-serving. Our goal at CrossBarre is to invite, invest, encourage and facilitate the absolute best client experience we can. Sometimes we fall short, and ask forgiveness. I'd like to see the fitness industry become more of a center of influence in our city for positivity and community, less competition, greed and jealousy.

What do you enjoy most about working and living in Ponte Vedra?

Where do I begin ...

My family, the beach, my amazing clients, our church ... the list goes on. I have family four generations deep in the Jacksonville/Ponte Vedra area. I love that Jacksonville and PV are huge supporters of small businesses, especially their own. I love the people I see around town that I have known for 20+ years. I love seeing my high school friends and their mothers training and dancing in my studio. I'm a small-town girl and passionate about community (in case you didn't catch that). More than anything, I am humbled and incredibly blessed to have this opportunity with CrossBarre to make a difference in the Ponte Vedra/Nocatee area. It is a responsibility I do not take lightly! Come see us. Your first class is always on us.

THE PLANTATION HOLDS 'BARK IN THE PARK'

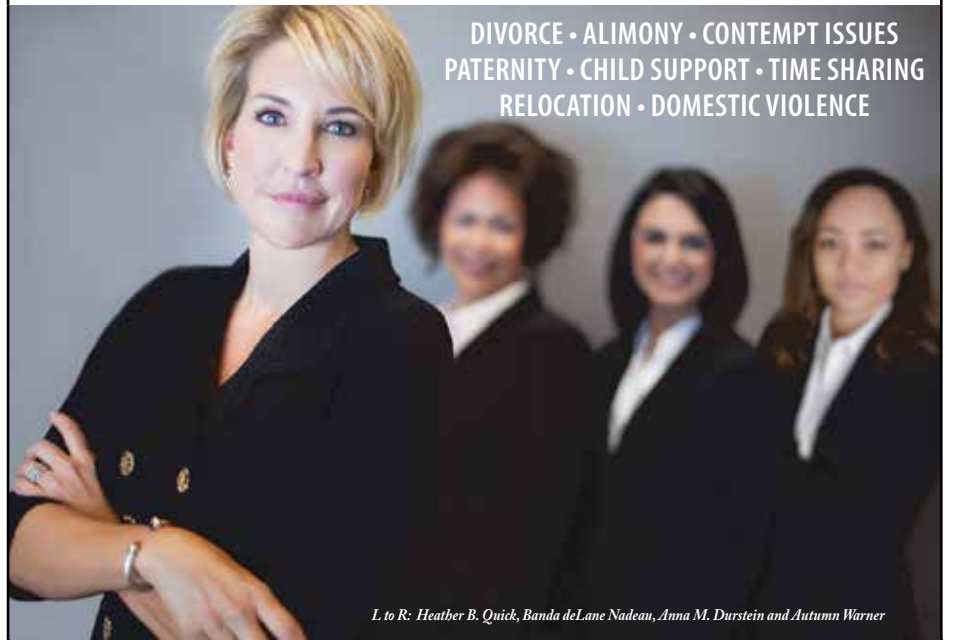
Knox, Memphis and Nash Cartwright enjoy Bark in the Park at the Plantation at Ponte Vedra Beach Nov. 4. The event benefited the Plantation Foundation, a scholarship fund for employees and dependents of employees. The day included a dog agility demonstration, a friendly dog show, a photo booth for pets, a mobile pet Groomer, a SAFE pet rescue van, music, refreshments and a raffle to benefit the Plantation Foundation.

Photo courtesy of the Plantation at Ponte Vedra Beach



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Thursday, Nov. 16	Friday, Nov. 17	Saturday, Nov. 18	Sunday, Nov. 19
<p>Save Guana Now fundraiser in artist's studio Artist Eugene Quinn is opening his studio for one evening and will be featuring oil paintings of the Guana Preserve, with 20 percent of all proceeds going to Save Guana Now. This event will take place Nov. 16 from 5 to 9 p.m. at 416 3rd St., Ste. 201 (second floor) in Jacksonville Beach. For more information, call (917) 626-4007.</p> <p>Grief support group A grief support group meets on the third Thursday of every month at St. Paul's Catholic Church in Room 102 of the Family Life Center, located at 578 1st Ave. N. in Jacksonville Beach. The group can help men and women who are grieving the death of a family member or friend. The next meeting Nov. 16 at 7 p.m. For more information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p>Leaders informational luncheon This free educational session, scheduled for Nov. 16 at noon at the St. Johns Center for Clinical Research, will offer guests an opportunity to learn more about hot flashes and how post-menopausal women can better deal with them. This event will take place at 145 Hilden Road in suite 120. Call (904) 209-0043 for more information.</p> <p>Workshop presentation by Artie Lynnworth Join Artie Lynnworth Nov. 16 from 9 a.m. to noon for a workshop presentation on effective interview techniques, salary negotiation strategies and more. RSVP by contacting Pam ottesen at pottesen66@gmail.com to reserve a seat. This event will take place at Christ Episcopal Church in Ponte Vedra Beach.</p> <p>Boardwalk Talk The Beaches Museum and History Park will present a Boardwalk Talk entitled "Mineral City: Minerals, Mines, Miners and Railroads" Nov. 16 at 6 p.m. The talk will take place in the historic chapel at 381 Beach Blvd. in Jacksonville Beach.</p>	<p>Coastal Wine Market wine tasting Coastal Wine Market hosts Friday wine tastings from 6 to 8 p.m. at 641 Crosswater Parkway, Suite B in Ponte Vedra Beach. Taste six wines for \$10. For more information, call (904) 395-3520.</p> <p>Cannon Firing Demonstration at Castillo de San Marcos National Parks Service volunteers and personnel demonstrate a cannon firing at the Castillo de San Marcos museum / monument every Friday, Saturday and Sunday at 10:30 a.m., 11:30 a.m., 1:30 p.m., 2:30 p.m. and 3:30 p.m. Rangers and volunteers demonstrate the weapons and relate the experiences of the colonial Spanish soldier of 1740s St. Augustine. Firing times are subject to change depending on weather conditions and staff availability. Castillo de San Marcos is located at 1 S. Castillo Drive in St. Augustine.</p> <p>Free exercise program THE PLAYERS Community Seniors Center in Ponte Vedra is partnering with the Arthritis Foundation to provide a free exercise program on Wednesdays and Fridays through Dec. 1 from 2 to 3 p.m. The class will feature a low-impact workout proven to reduce pain and decrease stiffness, and gentle range-of-motion exercises suitable for all fitness levels and abilities. Call (904) 280-3233 to reserve a spot. The PLAYERS Community Senior Center is located at 175 Landrum Lane in Ponte Vedra.</p> <p>Pusser's rum tasting Pusser's Bar and Grille will host a rum tasting event Nov. 17 from 6:30 to 8:30 p.m. to benefit Ponte Vedra's Birdies for the Brave Foundation, a military outreach initiative supported by the PGA Tour. This event will be held in Pusser's "Rum Room" and will feature over 40 premium rums from around the world. Tickets can be purchased for \$20 in advance at www.pusser-susa.com/pvb-um-tasting. 100 percent of the proceeds will be donated to charity. For more information, call (904) 280-7766. Pusser's is located at 816 Highway A1A N. in Ponte Vedra.</p>	<p>JCPenney clearance center sale JCPenney at Ponce De Leon Mall is converting to a new clearance center Nov. 18, offering savings of up to 70 percent across the store. At the clearance center, customers will be able to shop for unique and value-driven elections for women, men and kids. The store has been renovated with a new interior, new signage and visuals. This clearance event begins at 10 a.m. at 2121 US Hwy 1 S. Ste. A in St. Augustine.</p> <p>Christmas at Downton Learn how to decorate a home for the holidays with food and flowers inspired by "Downton Abbey." This free event will take place at the Ponte Vedra Beach Branch Library Nov. 18 from 1 to 3 p.m. in the FOL Community Room. Everyone is welcome to attend. Contact (904) 827-6950 for more information.</p> <p>'The Riverside Realists' The Cypress Village Art League will present "The Riverside Realists" opening reception Nov. 18 from 2 to 4 p.m. in Egret Hall on the campus of Cypress Village. This event will showcase the talents of eight artists: Marilyn Amigdon, Judy Culpepper, Greta Frank, Pam Green, Angie Maisenberger, Betty McKee, Jim Moore, and Cypress Village resident Diane Fraser. Cypress Village is located at 4600 Middleton park Circle East in Jacksonville. Admission is free and open to the public.</p> <p>Jacksonville Society lecture The Jacksonville Society will present a lecture by Dr. Nancy de Grummond, a classics professor at Florida State University, entitled "Demons at the Door: To Hell with the Etruscans." The lecture will take place Nov. 18 at noon in Building 51 on the University of North Florida campus. Dr. de Grummond will review Etruscan beliefs about the afterlife and how it was originally thought of as a happy place for the deceased before becoming populated with a variety of monsters and demons. For more information, contact Melva Price at (904) 241-9411 or email aiajaxsoc@gmail.com.</p>	<p>St. Andrew's Day celebration Join St. Paul's by-the-Sea Episcopal Church Nov. 19 at 10 a.m. for a special celebration for St. Andrew's Day. Visitors are encouraged to wear tartan clothing if possible. St. Paul's by-the-Sea Episcopal Church is located at 465 11th Ave. N. in Jacksonville Beach. Call (904) 249-4091 for more information.</p> <p>Christmas on the River The Council on Aging will present "Christmas on the River" Nov. 19 from 5 to 8 p.m. This year's theme will be "A Worldwide Journey of Wine Tasting & Gift Giving from the Heart." Tickets cost \$45. For more information or to become a sponsor, contact development program associate Cindy Walker at (904) 209-3687 or cjwalker@stjohnscoa.com.</p> <p>Nights of Lights opening celebration Selected by National Geographic in 2011 and 2012 as one of the 10 best holiday lighting displays in the world, St. Augustine's Night of Lights features millions of white lights that create a magical atmosphere in the nation's oldest city. Nights of Lights will begin Nov. 18 with a "Light-Up! Night" event to celebrate turning on the lights at 4 p.m. Leading up to the occasion will be a free concert and a countdown ceremony. This event will be held in St. Augustine's Plaza de la Constitucion, at Plaza de la Constitucion on King Street.</p> <p>2017 Florida Tiny House festival The United Tiny House Association will host the 2017 Florida Tiny House Festival featuring an assortment of tiny houses, micro homes, workshops, presentations, vendors, entertainment, youth activities and more at the St. Johns County Fairgrounds. The event will also include television celebrities, national and world recognized leaders from the tiny house community, a night-time concert and fire performers, day-time live entertainment and continuous free movie showings. The event will start at 5 p.m. Dec. 17 and 9 a.m. Dec. 18 and 19. Visit www.unitedtinyhouse.com for more information.</p>

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Monday, Nov. 20	Tuesday, Nov. 21	Wednesday, Nov. 22	Thursday, Nov. 23
<p>Flagler College Art and Design Department faculty exhibition This exhibition at the Crisp-Ellert Art Museum, located at 48 Sevilla St. in St. Augustine, features works by the faculty of Flagler College's Art and Design Department. The artists' bodies of work vary in method and material and encompass painting, drawing, sculpture, installation, video, photography, print and digital design and animation. The Museum's hours are Monday to Friday 10 a.m. to 4 p.m. and Saturday from noon to 4 p.m.</p> <p>Owl Prowl Hosted by St. Johns County Parks and Recreation, this free walk allows participants to learn about local owls and other night creatures. The walk takes place at Alpine Groves Park, 2060 S.R. 13 Nov. 20 at 5:30 p.m. Registration is available by phone at (904) 209-0348. Visit www.sjcf.us/recreation for more information.</p> <p>Night of Lights Sunset Sail See the Nights of Lights and a sunset from the deck of the Schooner Freedom on a sailing adventure on Mantanzas Bay. The daily Sunset Sail is a two-hour cruise departing at 4:15 p.m. Tickets are \$50 and include complimentary soda, water, beer, wine and hot chocolate. The sail departs from the St. Augustine Municipal Marina, located at 111 Avenida Menendez in St. Augustine. Visit www.schoonerfreedom.com for more information and to purchase tickets.</p> <p>WinterFEST 2017 Adventure Landing in Jacksonville Beach will transform its Shipwreck Island Water Park into a winter wonderland for the annual WinterFEST celebration. This year's festival runs from Nov. 18 through Jan. 8, 2018. The event will feature outdoor ice skating, an alpine ice slide, visits and pictures with Santa, s'more roasting and other attractions. Additionally, visitors can wind through a snowy village and enjoy window displays, hologram lights and decorations. Adventure Landing is located at 1944 Beach Blvd.; call (904) 516-9739 or visit www.jacksonville-beach.adventurelanding.com for more information.</p>	<p>Free Admission at Cummer Museum Every Tuesday, the Cummer Museum of Art & Gardens offers visitors free admission to its galleries and gardens through its "Florida Blue Free Tuesday" promotion. The Cummer Museum is located at 829 Riverside Ave., Jacksonville.</p> <p>Kids Free November at World Golf Hall of Fame & Museum Throughout the month of November, the World Golf Hall of Fame & Museum is offering free admission to children age 12 and under. No coupon necessary. The World Golf Hall of Fame & Museum is open Monday through Saturday 10 a.m. to 6 p.m. and Sunday from noon to 6 p.m.</p> <p>Tapas Tuesday The Cummer Museum of Art & Gardens presents Tapas Tuesday at the Cummer Cafe every Tuesday from 5 to 7:30 p.m. View the sunset on the Cummer Cafe patio while listening to local musicians and enjoying beer, wine or artfully inspired tapas for sale at the Cafe. Reserve your table by calling (904) 899-6022. For more information, visit www.cummermuseum.org. The museum is located at 829 Riverside Ave.</p> <p>Talk with a Doc: Natural remedies for common heart concerns Join Mona Shah, an MD cardiologist and the only physician in the Northeast Florida region who is board certified in both cardiology and holistic medicine, at the Y Healthy Living Center Nov. 21 at noon to learn natural remedies for heart concerns, how and why to reduce inflammation and techniques to promote natural healing. Call (904) 202-5376 or visit baptistjax.com/hlc to register. This event will take place at 170 Landrum Lane.</p> <p>Ponte Vedra Democratic Club meeting Come out and meet Democrats and progressives Nov. 21 at 6:30 p.m. at the Ponte Vedra Beach Branch Library. This month, the Democratic club is partnering with the Women's March of St. Augustine to collect items for women in St. Francis House: blankets, winter clothing, towels, wipes, underwear, body wash and other toiletries. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd.</p>	<p>Toastmasters Club Toastmasters Club #5199 of Ponte Vedra Beach meets every Wednesday at 7:30 a.m. at THE PLAYERS Community Senior Center. These meetings help attendees improve public speaking and gain leadership skills. The senior center is located at 175 Landrum Lane in Ponte Vedra Beach. Email Lucy Reep at lucyreep@gmail.com for additional information.</p> <p>Yoga at church Join St. Paul's by-the-Sea Episcopal for Yoga every Wednesday at 11:30 a.m. Attendees are encouraged to bring a mat to this yoga class, which is suitable for all skill levels and ages. St. Paul's by-the-Sea Episcopal Church is located at 465 11th Ave. N. in Jacksonville Beach.</p> <p>Wednesday Market Each Wednesday from 8 a.m. to 12:30 p.m., approximately 60 to 80 vendors participate in the Wednesday Market in St. Augustine Beach. Vendors and artists display produce, prepared foods, local seafood, art, crafts and more, placing an emphasis on home-grown and homemade items. The Market is held at the St. Johns County Pier Park at 350 A1A Beach Blvd., St. Augustine Beach.</p> <p>Fall maze at St. Augustine Aquarium Enjoy a fall maze at the St. Augustine Aquarium with paid admission. To get through the maze, participants will be asked marine-related questions. The aquarium is open Tuesday through Sunday from 10 a.m. to 5 p.m. Admission is \$8 for adults, \$5 for youth ages 3 to 12 and free for youth ages two and under. The St. Augustine Aquarium is located at 2045 S.R. 16.</p> <p>'Loving Vincent' In a story depicted in oil painted animation, a young man comes to the last hometown of painter Vincent van Gogh to deliver the troubled artist's final letter and ends up investigating his final days there. This film is showing at the Corazon Cinema and Cafe Nov. 22 at 3 p.m. and 7:15 p.m. The Corazon Cinema and Cafe is located at 36 Granada St. in St. Augustine.</p>	<p>'Emmett Fritz: A Centennial Collection' The "Emmett Fritz: A Centennial Collection" exhibition will offer a glimpse into Emmett Fitz' life, new acquisitions by Fritz from the St. Augustine Art Association's Permanent Collection and paintings on loan from local and regional art collectors. The gallery, which is free and open to the public, is open Tuesday to Saturday from noon to 4 p.m. and Sunday from 2 to 5 p.m. This exhibition is located at 22 Marine St.</p> <p>Run Turkey Run 5K Start a Thanksgiving tradition by participating in this 5K run or walk on Thanksgiving day at World Golf Village. Participants will receive a medal and t-shirt. The 5K begins at 7:30 a.m. and the fun run begins at 8:30 p.m. Admission ranges from \$10 to \$40. Visit www.ultimateracinginc.com for more information and to purchase tickets.</p> <p>Thanksgiving grand feast at The Ritz-Carlton Amelia Celebrate Thanksgiving with an elaborate culinary presentation of traditional Thanksgiving favorites accompanied by live jazz music. The buffet includes citrus poached shrimp, shrimp and grits, roasted turkey, honey glazed ham, beef medallions and an array of desserts. Children can enjoy cookie decorating and holiday-inspired crafts and games. Reserve a spot by calling (904) 277-1100; tickets cost \$110 per adult and \$45 for children ages 5 to 12, including service charge. This event will take place from noon to 3:30 p.m. Thanksgiving day at 4750 Amelia Island Parkway in Amelia Island. Visit www.ritzcarlton.com for more information.</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 recorderintern@opcfla.com, post online at www.pontevedrarecorder.com using the automated form or call (904) 686-3939.</p>

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OBITUARIES

Nancy Claypoole

Nancy Phyllis (Tetzlaff) Claypoole, 77, died Nov. 6, 2017, and moved on to heaven after courageously living with a long-term illness.

Nancy lived a full and happy life with her husband, six children and 16 grandchildren. She was born Nov. 17, 1939, in Jersey City, New Jersey, daughter of the late Walter and Mildred (Neuman) Tetzlaff. Nancy spent

her childhood years in Mt. Lebanon, Pennsylvania, and was a graduate of Cornell University (1961), belonging to the Alpha Phi Sorority.

Nancy was happily married to Robert E. Claypoole for 55 years. Together, while raising their children, they lived in Cranford, New Jersey; Barcelona, Spain; Brasschaat, Belgium; Barrington, Illinois; and Ponte Vedra Beach, Florida, vacationing in Ocean City, New Jersey, almost

OBITUARIES continues on Page 11



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Obituaries

Continued from 10

every summer and traveling to all seven continents and many countries. While living in Barrington, Nancy became licensed and worked as a pharmaceutical technician and volunteered in several activities for St. Anne's Catholic Church and the Society for the Preservation of Human Dignity (PHD) in Palatine, Illinois, eventually becoming president. After moving to Ponte Vedra Beach in 1998, she dedicated her time to Seymour's Bookstore at the Ponte Vedra

Beach Library, Sawgrass Country Club committees and The Talent Limited Group, and also served as a eucharistic minister at Our Lady Star of the Sea in Ponte Vedra Beach. Nancy grew bountiful gardens, was an amazing cook and a skilled seamstress; she brought excellence and creativity to all her work. She was a loving and caring wife, sister, mom, Nana and friend to the many who had the privilege to know her.

Nancy was the very proud mother of Patricia C. Ninos, N. Catherine Claypoole (Toby Lester), Kimberly C. Farrell (John Farrell), Christine M. Claypoole, Robert E. Claypoole Jr. (Yeli Claypoole) and Michael

N. Claypoole (Lauren Claypoole), and the beloved Nana to her 16 grandchildren who will miss her dearly. She is survived by her husband, six children and 16 grandchildren, and by her sister, Patricia (Tetzlaff) Sylvester of Bristol, Rhode Island.

A Mass of Christian Burial was celebrated at noon on Wednesday, Nov. 15, at Our Lady Star of the Sea in Ponte Vedra Beach. In lieu of flowers, donations may be made to Friends of the Library Ponte Vedra Beach or the National Organization for Rare Disorders (NORD), which facilitates research

on Corticobasal Degeneration Syndrome.

Please visit the online tribute at www.quinn-shalz.com. Services are under the direction and care of Quinn-Shalz Family Funeral Home.



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MORE OBITUARIES, Page 14

LIFETIME OPPORTUNITIES.



OPEN HOUSE DATES

**Lower School (PreK-5)
Open House for Parents**
Ponte Vedra Beach Campus
Nov. 28, 2017 at 6:00 p.m.
Ponte Vedra Beach Campus
Jan. 9, 2018 at 9:00 a.m.

**Lower School (PreK-5)
Open House for Parents**
Whitehurst Campus
Jan. 10, 2018 at 9:00 a.m.

**Middle School (6-8)
Open House for Parents**
Bartram Campus
Jan. 18, 2018 at 9:00 a.m.

**Upper School (9-12)
Open House for Parents**
San Jose Campus
Dec. 8, 2017 at 8:30 a.m.
San Jose Campus
Jan. 5, 2018 at 8:30 a.m.

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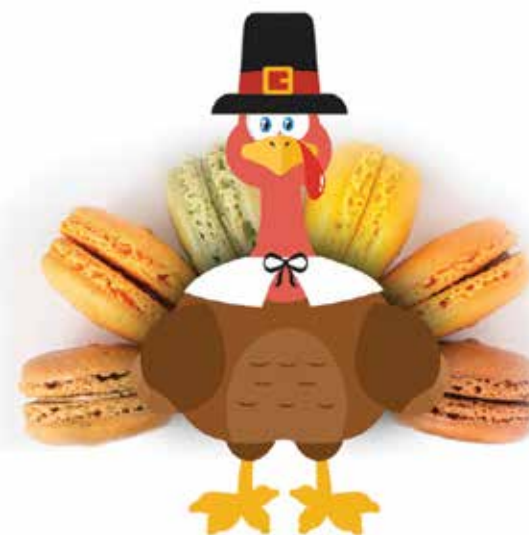
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PV2-LV44613

Cultural Center's Holiday Shoppes raises funds and holiday spirit

The Cultural Center at Ponte Vedra Beach held its Holiday Shoppes event Nov. 9-11. The event kicked off the holiday shopping season at the Ponte Vedra Concert Hall in Ponte Vedra Beach, featuring more than 22 vendors from around the country. An annual fundraiser, 15 percent of the Holiday Shoppes proceeds help to fund the Cultural Center's various programs.



Customers look over the wares at Kathy's Accessories.

RIGHT: Board member Mary Jayne Derderian and Director of Development Donna Guzzo of the Cultural Center at Ponte Vedra Beach



FAR RIGHT: Kelly Geer of Blue Sky Creative stands with her hand-crafted jewelry.



Photos by Samantha Logue

New awareness campaign encourages community to be more Connectable

By Samantha Logue

A new campaign focused on raising awareness about the capabilities of those with Down syndrome, autism spectrum disorder and other intellectual and developmental differences (IDDs) has recently sprung up in Northeast Florida, and local families are jumping on board.

"We all decided that Jacksonville was ripe for an awareness campaign about what a valuable asset people with IDDs are in their homes and their communities and families," said Susan Edelman, vice president of strategic communications for The Community Foundation for Northeast Florida.

According to Edelman, the idea for the Connectable Campaign – which The Community Foundation helped to launch – began with Delores Barr Weaver, a generous donor. Weaver, after continually hearing those with IDDs referred to as "disabled," felt the true potential of those individuals was not being acknowledged.

"We hired Daigle Creative to create a year-long messaging campaign, and that's how The Community Foundation is involved," Edelman said. "Our job as a community foundation is to help our



Photo courtesy of Daigle Creative

The Tiedeberg family enjoys a Jacksonville Jaguars game at EverBank Field.

donors realize whatever their passion for philanthropy is. This was one of Mrs. Weaver's many interests, so we helped to bring it to fruition."

Edelman said the main focuses of the

campaign are helping those with IDDs to get more involved and connected within their communities, and making their abilities known to employers—two goals that Ponte Vedra Beach resident and mother Jessica Tiedeberg whole-heartedly agrees with.

"These kids have to be out in the community," she said. "The more they're in the community and the more they're involved with things, the more people learn about them and they don't fear that disability anymore."

A board member for the Down Syndrome Association of Jacksonville, Tiedeberg has two 5-year-old twin boys, Crawford and Whittaker. While Crawford is what those with the Connectable campaign would call "typical," Whittaker has Down syndrome, but according to Tiedeberg, the family does not hold either one of them to a higher standard than the other.

"We try to treat Whit exactly the same way we treat Crawford," she explained. "We expect them both to be kind and respectful, and I think that's how we've really seen Whit flourish. You need to have those same expectations."

CONNECTABLE continues on Page 14

Sawgrass Marriott to host Thanksgiving holiday feast

The Sawgrass Marriott Golf Resort & Spa has plenty to be thankful for after celebrating its 30th anniversary of welcoming families, friends, travelers and neighbors.

This Thanksgiving, guests are welcome at the resort for a holiday feast at its signature restaurant, Vernon's. Chefs at the resort have crafted a menu of traditional holiday favorites with flavors of the season and house-made specialties featuring seafood selections, carving stations, antipasti platters and a wide variety of sides and desserts. Special ingredients have also been plucked straight from the resort's bountiful on-site gardens and apiary.

The menu includes:

From the harbor

- Freshly shucked oysters, spicy boiled shrimp, crab claws
- Sherry Mignonette, cocktail sauce, lemon and lime wedges, tabasco, drawn butter

Antipasta

- Manchego cheese, applewood smoked cheddar, parmesan prosciutto, salami, capicola-pickled vegetables, datil peach marmalade

Soups and salads

- Sweet corn and tasso ham chowder
- Butternut squash bisque and spike datil crema
- Autumn harvest of salads

Carving stations

- Black-pepper honey-glazed turkey with giblet gravy
- Smoked prime rib with pinot au jus and horseradish crème

Sawgrass side

- Citrus-seared corvina with asti butter sauce
- Sourdough herb stuffing
- Smoked bacon-roasted green beans
- Season's best root vegetables
- Roasted garlic salt-and-pepper mashed potatoes
- Maple bourbon-glazed sweet potato
- Broccoli and cauliflower
- Au gratin butternut squash ravioli with herb butter sauce

Dessert

- Selection of Chef Melanie's sweet treats

The Thanksgiving buffet will be held Nov. 23 from 12:30 p.m. to 6 p.m. in Vernon's, located at the Sawgrass Marriott Golf Resort & Spa at 1000 PGA Tour Blvd. in Ponte Vedra Beach. Prices are \$65 for adults and \$24 for children under 12 (excludes tax and gratuity). Reservations can be made by calling (904) 280-3405.



SENIORITAS AT SAWGRASS

We would like to thank the following businesses and professionals that contributed to the 2017 SenioRITAs at Sawgrass Tennis Tournament and Auction. Because of their generosity, SenioRITAs has donated more than \$1.6 million to breast cancer research and related services during the past eighteen years.

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Sawgrass Country Club, Barry McDonald, General Manager**

**Carrabba’s Italian Grill, Jacksonville Beach - Beach Diner - Pusser’s Caribbean Grille
Chef Perry Kenney and Chef Ben Brett, Sawgrass Country Club**

**Craig Porter, Head Chef, Plantation Club Ponte Vedra - “Working for Crazy” Bo & Tia
Kathy’s Creative Gardens and Nursery - Furyk Foundation - Gene Nordan - Vicar’s Landing**

**Allen’s Jewelers – Bankers Life: Adam Rutstein & Keith Lozosky - Deercreek Women’s Alliance, Inc
The Agency at Ponte Vedra: Carol Krogh & Carrie Reynolds with First Guaranty Mortgage: Aaron Bacus
Starbucks, Ponte Vedra - Wallace Enterprises, Inc**

**Ad-Vantage Media: Greg Libesch - Child Guidance Center - Del Webb At Nocatee Women’s Tennis Club
In-Motion Physical Therapy - Jacksonville Orthopaedic Institute - Nader’s Pest Raiders -
Now & Zen Charters – Penstripe Printing & Graphics - Quick Law Group**

AAA - The Auto Club Group
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Cheesecake Factory
Chico’s
Chili’s, Marsh Landing
Coastal Door Refinishing
Deercreek Country Club
Deerwood Country Club, Jim Lohbauer
DeliComb Restaurant
Destinations by Design,
Bonnie Edwards

Diana Federico, Artist
Dwight’s Bistro, Dwight DeLude
Erin Healy Designs
Everything Eventful, Tammy Smith
EZY Marketing LLC: Catrine Fredrikson
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Florida Pro Redfish Series event brings 81 teams to Palm Valley

The Florida Pro Redfish Series Championship hosted by Palm Valley Outdoors was held on the Intracoastal Waterway in Palm Valley Nov. 4-5 and attracted a record 81 teams.

The teams prequalified through a series of 16 statewide tournaments earlier this year.

The check-in point was relocated from the Vilano boat ramp to Palm Valley last month. St. Johns County Parks & Recreation director Wil Smith said the move was prompted by dredging that was taking place at the Vilano ramp area that limited parking spots, as well as another event taking place there. Smith and other community members said Palm Valley's proximity to Jacksonville and fishing areas there made it a desirable location.

"It turned out to be a great location, venue and event to be hosted in Palm Valley," said Deb Chapin, St. Johns County Recreation Advisory board member. "This is beneficial for the development of outdoor sports tourism in the county, including the location diversification and utilization of waterways in the northeast part of SJC. The future construction of the boat launch on the west side under the Palm Valley Bridge will be very beneficial for tournaments like this."



Photo courtesy of Deb Chapin

Anglers fish the Intracoastal Waterway in Palm Valley during the Florida Pro Redfish Series Championship earlier this month.

Smith said the Palm Valley location was also a bonus for the anglers because it has a restaurant and other amenities the Vilano ramp doesn't.

"I liked having [the tournament] in an area that's a lot more visible than the Vilano boat ramp," Smith said.

Presently there is only one ramp at the Palm Valley location, but Smith said the county is currently working on grants to add another ramp and floating dock to the west side of the Palm Valley Bridge,

and is already hearing of plans for more tournaments to use the location.

He said the Florida Pro Redfish Series is looking to hold all four of its qualifying tournaments from its East Coast Division series at Palm Valley.

"It's a great set-up," Smith said of the ramp.

Anglers Jeremy Heimes and Travis Hancock of Team Power-Pole took the championship title with a two-day total weight of 28.40 pounds.

Connectable

Continued from 12

Those expectations also extend to Whit's future role in the community.

"We expect that he will be a productive member of society," Tiedberg said. "We don't know what that will look like, but we

expect something, and we know that starts just by being out there and around people. That's why we're such huge proponents of this, and we're so excited about the campaign."

For Tiedeberg, the Connectable campaign is important because it encourages others to see the potential that she sees in her son and others with IDD's.

"They have abilities," she said. "They may not look the same as everyone else, but they have something to give back to the community. And that's what the Connectable campaign is about—getting all of us to see and to show that we are one community, and we all have something we can offer."

Visit connectablejax.com for more information on the Connectable campaign.

OBITUARIES

Dorothy Speer

Dorothy Tippet Speer, of Ponte Vedra Beach, Florida, died of natural causes Oct. 18, 2017, at the age of 92 years.

Mrs. Speer graduated from DePauw University in Greencastle, Indiana, where she was a member of the Kappa Alpha Theta sorority. She came to Ponte Vedra Beach from Fort Lee, New Jersey, in 1989 and made her home at Vicar's Landing. She always loved song and dance, and led the Vicar's chorus singing group for many years. Her ballroom dancing career really blossomed during her years in Ponte Vedra, and she retired as a gold level competitor, having traveled and danced at numerous locations across North and South America. She was also a member of the Ponte Vedra Inn & Club, where she enjoyed playing tennis and other activities for many seasons.

She was preceded in death by her husband, Dr. David S. Speer, and she is survived by her two sons, David and Richard, and their families, including two beautiful grandchildren.

Her energy was exceptional, and she dearly loved all of her family and the many wonderful friends that she met at Vicar's Landing. We will all miss her very much.

Craig Funeral Home, Crematory and Memorial Park is in charge of her final arrangements.

Angela Santorelli

Angela Mary Santorelli, 93, died Nov. 1, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalle.com

Matthew Gray

Matthew A. Gray, 67, died Nov. 4, 2017. Services are under the direction and care of Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Rachel Steverson

Rachel Laine Steverson, 31, of Jacksonville, died Nov. 5, 2017. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

Robert Gussmann

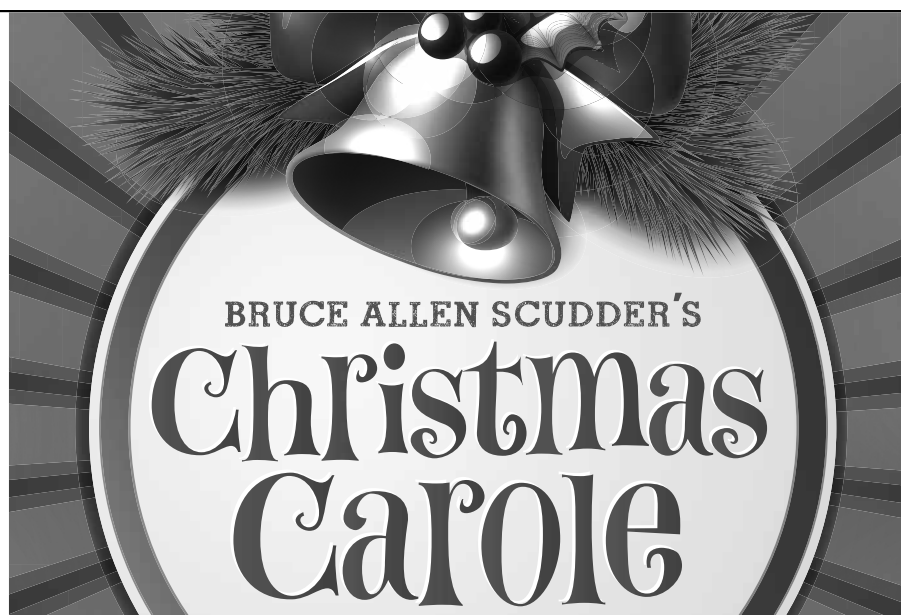
Robert Harry Gussmann Jr., 60, died Nov. 3, 2017. Services are under the direction and care of Quinn-Shalz, A Family Funeral Home & Cremation Centre.

William Jones

William L. Jones, 97, died Nov. 5, 2017. Services are under the direction and care of Quinn-Shalz, A Family Funeral Home & Cremation Centre.

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Ponte Vedra resident to chair First Coast Heart Walk

By Samantha Logue

Around 25,000 people are expected to converge on Metropolitan Park in downtown Jacksonville Sunday, Nov. 19, for the American Heart Association's First Coast Healthy for Good Heart Walk, which will raise funds for the organization's fight against heart disease and stroke. While the idea of chairing such a big event might seem daunting to some, Ponte Vedra resident and Web.com CEO David Brown was happy to take on the task.

"Health, for our company, is something that we're very passionate about," Brown explained. "The health of our employees – not just the physical health, but also the mental and emotional health – has been a big focus of our company."

Brown described Web.com as a digital marketing company for small businesses. The company, which has numerous offices around the world, strives to prioritize health in the workplace by providing free onsite medical clinics for employees and actively



Photo courtesy of the American Heart Association

Around 25,000 people are expected to converge on Metropolitan Park in Downtown Jacksonville Sunday, Nov. 19, for the American Heart Association's First Coast Healthy for Good Heart Walk, which was rescheduled due to Hurricane Irma.

encouraging them to monitor their health.

"The idea is, if you have a healthy employee group, you have a healthier company," Brown said.

After having implemented and prioritized health-conscious programs and practices in the workplace, Brown and his company decided it was time to expand their outreach.

"Because heart disease is the No. 1 killer in the United States – in fact, it kills more folks than the next four things combined – we thought it was a logical step for us to take our campaign not just to our employees, but to the community," Brown said. "Chairing the Heart Walk was just my way of saying, 'We're going to put our money where our mouth is and step out into the community.'"

According to the American Heart Association, participation in exercises that yield an increase in heartrate can improve one's energy levels, strength and mood, and can also help to fight off serious health issues like obesity, high blood pressure, poor cholesterol and bone loss. According to Brown, one of the goals of the Healthy for Good Heart Walk is just to encourage a healthier lifestyle.

"It's frankly much more of a social ex-

perience than it is a fitness experience, and that's really what we want it to be," Brown said. "We want people to be encouraged to just take a step towards good health."

The overall fundraising goal for the event is \$1.75 million, though Brown said that his company has their own goal to meet.

"At Web, we're trying to raise over \$100,000, and I won't let the cat out of the bag completely, but we're going to blow our goal away," he said.

Originally planned for Sept. 16, the 2017 First Coast Heart Walk was rescheduled due to Hurricane Irma. Check-in for the event will start at 8 a.m. on Nov. 19 at 1410 Gator Bowl Blvd. in Jacksonville. Prior to the Walk, which will begin at 9:30 a.m., attendees will have the opportunity to partake in other healthy activities.

"More than 25,000 people will come," Brown said. "Everybody has a fantastic time, everyone's smiling, and as I always say, anytime you can see 25,000 people smiling at the same time, that's a really good day."

How to have a heart-healthy holiday season



By Dr. Anthony Magnano
Special to the Recorder

The holiday season is a time to enjoy family, eat abundant meals and celebrate with parties and presents. It's also a time that can bring serious health risks.

Not only does the average American gain a few pounds during this season, but there is an annual nationwide increase in heart attacks, arrhythmias and visits to the ER due to heart-related issues.

The good news is that, with the right precautions, you can have a great holiday celebration while staying heart-healthy. Here are some of the major risk factors for heart issues during the holidays – as well as what you can do to avoid them.

■ **1. Binge drinking.** Although we often think of binge drinking as an activity done by college students, it's incredibly common during the holidays by people of all ages. Binge drinking increases the risk of heart attack by more than 70 percent, according to a study from the Harvard School of Public Health. It also contributes to long-term arrhythmia risk and can lead to an acute episode of atrial fibrillation, called "holiday heart syndrome," that occurs in otherwise heart-healthy individuals.

What to do: Moderation is key when

it comes to alcohol consumption. In fact, light drinking may be associated with some health benefits, like reduced blood clotting and increased HDL, or so-called "good" cholesterol. Enjoy one or a maximum of two drinks with dinner; just don't let that turn into four or five. In terms of alcohol type, it may be better to stick with wine or beer rather than hard liquor.

■ **2. Overeating.** One of the best parts of the holidays are the homemade meals. Unfortunately, the nonstop feasts are often filled with foods high in sodium, sugar and carbohydrates. These types of foods can lead to higher blood pressure and cholesterol, which are major risk factors for heart attacks.

What to do: You don't need to deprive yourself of food, but be smart about it. A good strategy for big meals is to analyze the spread of food before putting anything on your plate. Decide which foods you will eat, sample and skip altogether. If you're thinking about getting seconds, wait 20 minutes as that is when our bodies begin to feel full.

■ **3. Increasing stress levels.** Planning, shopping, baking, cleaning, traveling – it's no surprise that the holiday season brings heightened stress levels for many. According to the American Heart Association, stress can negatively affect your heart health by increasing risk factors, like high cholesterol and high blood pressure, as well as risky behaviors like smoking, physical inactivity and overeat-

What to do: Lower your stress by making time for yourself, even if it's only 15 or 30 minutes each day. Other good ways to relieve stress are to maintain your regular exercise schedule, meditate, go for a relaxing walk or even just take a nap on the couch.

■ **4. Delaying medical treatment.** Despite decades of public education campaigns, one of the biggest barriers to life-saving heart treatment is that many people delay seeking it. This problem is even worse during the holidays, as people may ignore symptoms because they are traveling, holding a party or spending time with family.

What to do: Don't let the holidays cause you to ignore symptoms for which

you would otherwise seek treatment. Call 911 immediately for medical emergency symptoms like chest pain, heart palpitations, shortness of breath or a cold sweat.

The holidays are a wonderful time to enjoy and reconnect with loved ones, but remember to always make your health a priority. By following a few easy steps, many holiday-related cardiac events can be prevented. As we head into the new year, a strong, healthier heart is a goal we can all work to achieve.

Dr. Anthony Magnano is a Ponte Vedra resident and cardiac electrophysiologist at St. Vincent's Medical Center Riverside. For more information on Dr. Magnano and his specialty treating atrial fibrillation, visit AfibJax.com.

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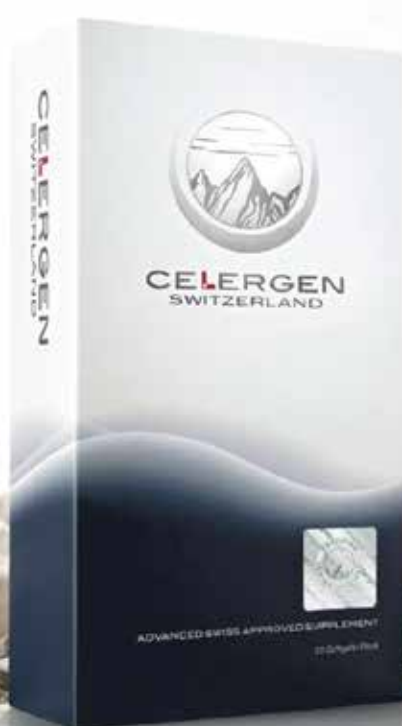
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St. Vincent's opens new health center in St. Johns County

St. Vincent's HealthCare, part of Ascension, the nation's largest Catholic and nonprofit health system, opened its second health center on Nov. 10 on County Road 210 in St. Johns County.

The facility provides easily accessible, essential healthcare services, including urgent care, primary care, specialty care, imaging and lab services in one convenient location.

The new health center is the first facility of its kind to open in St. Johns County. St. Vincent's also has preliminary plans for several additional health centers throughout Northeast Florida, including one on Jacksonville's Northside, Westside, the Southside near the St. Johns Town Center and in the Regency area. St. Vincent's first health center, which also now offers specialty care, opened on San Jose Boulevard in Mandarin in March.

"At St. Vincent's HealthCare and across Ascension, we want to make sure we're offering access to a connected, integrated group of medical professionals who can best meet our community's needs at the right place, at the right time and at the right price point," said Tom VanOsdol, president and CEO of St. Vincent's HealthCare. "Our new health center in St. Johns County enables us to

provide the compassionate, personalized care for which we are known to a thriving and growing community. We look forward to being there for our neighbors when they need us most."

Visit www.JaxHealthCenters.com to learn more about St. Vincent's health centers.

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Dr. Erika Hamer (center) Chiropractic Neurologist and Owner of Ponte Vedra Wellness Center poses with associate Dr. Casey Means, DC (left) and Physician's Assistant Daniel Brauch, (right) CCPA.

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Local medical expert says gut health affects brain health

By Benjamin Naim

According to a local medical expert, gut health directly impacts brain health — which means a good diet can prevent depression and anxiety.

Julie Schafer, director of health partnerships at Baptist Health, delivered a slideshow presentation on the apparent connection between the gut and brain as part of Baptist Health's "Ask the Expert" series Nov. 7 at the Ponte Vedra YMCA.

"We've been discovering that our gut can actually function like our second brain, and it can sometimes tell our 'brain' brain what to do," said Schafer, who has a background in nutrition, public health and exercise science. "Your gut is processing a lot of food, but it's doing a lot more than that."

The gut is often neglected, but Schafer said it's one of the most important organs in the body that can affect mental health. She explained that the brain and gut are in constant communication with each other, which is why people often feel "butterflies" in their stomach or a "stomach knot" during a nervous or stressful situation.

However, Schafer said it's possible the gut is also telling the brain what to do because the stomach contains neurotransmitters people usually associate with the brain. Schafer revealed that 50 percent



Julie Schafer, director of health partnerships at Baptist Health, delivers a presentation on the connection between the gut and brain as part of Baptist Health's "Ask the Expert" series Nov. 7 at the Ponte Vedra YMCA.

Photo by Benjamin Naim

of dopamine and 90 percent of serotonin emanates from the gut.

"Serotonin, dopamine, and certain bacteria in the gut are important," Schafer said. "If our balance is off, we aren't making our serotonin and dopamine properly. If our gut's out of balance, it can make us act badly."

Another reason brain health is connected to gut health, Schafer noted, is that anti-depressants can adversely affect gut health.

"They try to help us increase our serotonin so that we feel better," she said. "The challenge is that it can create GI [gastrointestinal] issues also, so if you haven't to this moment thought that our brain and our gut are connected think about that one for a second."

"We take a pill, for our brain, for our depression, our anxiety, and it actually upsets our gut as a side effect," she added. "We're still learning, but that's kind of a 'wow' moment."

Schafer speculated that mental health treatment can start with a good diet. Psychologists should look at healthy eating habits that increase serotonin in the gut along with (or instead of) anti-depressants, she asserted.

The presenter also touched on new Parkinson's disease research suggesting that gastrointestinal dysfunction is one of the main symptoms trending in people with Parkinson's. According to a recent study, she said, people with Parkinson's had about a 10-year average of constipation leading up to their diagnosis of the disease.

"That doesn't mean if you're constipated you're going to have Parkinson's," Schafer said. "But it's a huge area of research because, what if we could do something in advance about constipation, and it was actually helping?"

Since people with Parkinson's stop producing the dopamine neurotransmitter, and 50 percent of the body's dopamine is located in the gut, Schafer concluded that it could be possible to stymie the progression of the disease by starting treatment early and combating it with a good diet.

"We've always thought this [neurotransmitter] is in our brain," she said in an interview with the Recorder following her presentation. "But to know it's actually residing in our gut puts a whole new meaning on the food that we eat and the way we treat our gut and digestive system because ultimately, it's affecting our brain health too."

Additionally, Schafer said that prestigious institutions such as Harvard and John Hopkins are studying how inflammation and gut health can mediate and modulate the immune response, which is related to cancer. Although it may be impossible to prevent certain illnesses and cancers at this time, Schafer was optimistic that taking care of the gut can reduce symptoms associated with certain ailments or eliminate them altogether.

Memorial Hospital names new COO

Memorial Hospital recently announced Cory Darling as its new chief operating officer. Darling, who has spent more than a decade in hospital leadership within HCA, will oversee hospital operations and serve as an integral member of the administrative team.

"Darling brings a wealth of experience in hospital leadership and has a proven track record of leading hospitals in service line growth and performance improvement initiatives," said Memorial Hospital President and CEO Bradley Talbert. "Darling is dedicated to living the HCA mission and values and will be a valuable member of the team as we continue to deliver high-quality care to our patients."

Darling spent the last four years as COO of TriStar Hendersonville Medical Center in Hendersonville, Tennessee, where he led several expansion projects and growth initiatives. Utilizing evidence-based leadership practices, Darling provided operational oversight and guidance, overseeing volume and key growth initiatives, while also helping to improve patient satisfaction scores. Prior to joining the TriStar team, Darling served in hospital leadership roles at West Valley Medical Center in Caldwell, Idaho, Parkridge Health System in Chattanooga, Tennessee, and at Greenview Regional Hospital in Bowling Green, Kentucky.

Darling earned his bachelor's degree in business administration from Belmont University and his master's in business administration at Vanderbilt University. He will join the Memorial Hospital team on Nov. 27.

Mayo Clinic neurologist receives distinguished national achievement award for stroke research

Neurologist Thomas Brott, M.D., the Eugene and Marcia Applebaum Professor of Neurosciences on Mayo Clinic's Florida campus, has been selected as the recipient of the 2017 Research Achievement Award from the American Heart Association.

He received the honor on Sunday, Nov. 12, during the American Heart Association's Scientific Sessions in Anaheim, California. The recognition rewards distinguished lifetime scientific achievement in the field of cardiovascular research.

"Dr. Brott has devoted his life to taking crucial questions raised in the clinical setting and finding answers through groundbreaking research discoveries that have been translated into better treatment for patients everywhere," says Gianrico Farrugia, M.D., vice president of Mayo Clinic and CEO of Mayo Clinic in Florida. "Dr. Brott exemplifies Mayo Clinic's approach to biomedical research, and we are very proud of him for providing patients with hope and answers."

Brott's wide-reaching research has focused on various aspects in the treatment of stroke. The American Heart Association gave the honor to Brott "for his pivotal role in the development of lifesaving interventions that have revolutionized treatment of acute ischemic stroke, with enormous, consequent benefits dramatically reducing stroke death and disability in the world's population."

According to John Warner, M.D. and president of the American Heart Association, "Dr. Brott has been at the forefront of an international medical revolution in dealing with stroke, a worldwide health scourge that is a major cause of death and disability that annually afflicts nearly 17 million individuals—more than 6 million of whom die."

Brott was a leading investigator in the early studies that identified tissue plasminogen activator (t-PA) as an effective treatment for acute ischemic stroke. He played a key role in designing the National Institutes of Health Stroke Scale, a quantitative rating still used in hospitals and clinics worldwide to measure neurologic deficits in stroke patients. His studies also looked at intracerebral hemorrhage and determined that the bleeding in the brain often continues during the first minutes and hours, offering opportunities for urgent treatment.

His work also investigated the efficacy and complication rates of various stroke treatments, including looking at complication rates of the surgery known as endarterectomy, which prevents strokes by widening arteries to the brain.

In recent years, Brott has served as principal investigator for major multi-institutional clinical studies, comparing two major treatments for stroke. He developed and led the Carotid Revascularization Endarterectomy versus Stenting Trial (known as CREST), which followed patients at more than 100 medical centers throughout treatment and 10 years afterward.

"Mayo Clinic is extremely proud of Brott and his pioneering contributions to research in stroke and cerebrovascular disease," says Tushar Patel, M.B., Ch.B. and dean for research at Mayo Clinic's Florida campus. "His research has transformed the practice of medicine and has resulted in very significant advances in patient care."

The American Heart Association's Scientific Sessions is the leading cardiovascular meeting for the nation's researchers and clinicians. Four other Mayo Clinic scientists have received the award since its inception in 1953.



Process of repairing or replacing roof should start with an expert opinion

By Paris Moulden

With the battering many homes took during hurricanes Matthew and Irma in back-to-back years, it may be difficult navigating the process of repairing or replacing a roof that was damaged by a storm.

Chris Hartman, of Rogero & Williams Roofing in Jacksonville, said the process doesn't have to be that painful, if homeowners just follow some simple tips.

The first – and most important – thing a homeowner should do after noticing roof damage following a storm is not only contact their insurance company, but also a reputable roofing contractor.

“There needs to be an educated roofing contractor present with that adjuster, who knows what storm-damaged shingles look like,” Hartman said. “A lot of times the insurance adjuster is uneducated on what to look for with regards to storm-damaged shingles. It's a gamble.

“But if you have a storm damage restoration company person who is qualified to point out the damage with that adjuster there, you're going to be much more guaranteed that you're going to have the inspection done right the first time,” he continued. “That will help determine whether your insurance will replace the entire roof.”

Hartman said often under the Florida 15 percent rule, a roof may qualify for a complete replacement even if it only appears a single shingle is missing or damaged. For example, if one shingle or one part of a four-sided



Photo courtesy of metrocreativeconnection.com

roof is impacted, it could meet the 25 percent rule standard.

Another tip, Hartman said, is after getting an approval from the insurance company and an estimate of what it is willing to pay, don't waste time shopping around for bids.

“A roofing company has a choice to accept the estimate, so there's really no need to search for bids,” Hartman said. “You want to focus on getting the best contractor for your house. That's all you need to focus on.”

Hartman said shopping around for a lower price makes sense if you're paying out-of-pocket, but with an insurance estimate, the amount is what the company expects customers to spend on the repairs.

“Insurance has provided for it,

now it's up to you to get the best company for the job,” he said.

Once a homeowner has selected a roofing company, it's also important to finalize the details in writing, especially the completion date.

“Hold the company to a clear start and completion date, because you could be waiting in limbo for months or years,” Hartman said.

Hartman said the standard amount of time for completion for an average residential home is two to three days with a six-to-10-man crew, weather permitting. He also said to make sure the company has verifiable credentials.

“You want these companies to be around after the fact,” he said.

A major aspect of roof replace-

ment is getting the right equipment, especially for homeowners closer to the coast. Hartman said many homes still have 3-Tab shingles, which only offer protection from winds up to 60 miles per hour. He recommended using architectural shingles instead, which offer protection from 110 mph winds.

“In this day and age, if you're going to do anything with roof replacement you really don't need to go with the 3-Tab anymore,” he said.

Hartman said many companies will give a free upgrade to the architectural shingle, and his company even gives a 50-year warranty on it.

He said many local, state and even federal government agencies are starting to require the

higher-grade shingles on coastal area homes, not just because of roof damage, but the trickle-down concerns created by roof damage.

“They've realized in county, state and even national levels, the devastation it causes when you lose a roof system,” Hartman said. “The entire contents of your home and your home's interior structure are now exposed to the elements. So not only do you have a damaged roof, but in a lot of cases, you will have exponential damage, so now the roof actually looks like a small issue.”

Hartman cited mold and electrical hazards as part of the compounding effects of roof damage.

He also said it's important for homeowners to make the repairs as quickly as possible, and not just pocket the money from insurance companies. One of the biggest issues of not doing the repairs, he said, is if the home suffers subsequent damage like mold, ruined sheetrock and electrical issues because of water. In this case, the insurance company may refuse to cover the cost because the homeowner failed to mitigate the damages by doing repairs the insurance company had already paid for.

“It's very important the homeowner be proactive and understand this is an emergency fund,” Hartman said. “Because it can get worse. You run a big risk of damaging your own home further.”

For more information on the process for roof repairs or replacement, call Chris Hartman at (904) 485-0335.

Lawn mowing app Greenpal to expand to Ponte Vedra

Uber for lawn care launching this month

GreenPal, an app that connects homeowners with local, vetted lawn care professionals, is launching this month

in Jacksonville.

Nashville-based GreenPal allows homeowners to find local, pre-screened lawn professionals. Homeowners can list their lawns with their service date and lawn care needs; vetted lawn care pros then bid on their properties based on the Google

street aerial images and other lawn care details provided by the homeowner.

Once a vendor has completed a job, the lawn care pro will send a time-stamped photo of the completed work. Homeowners can then pay via the app and set-up more appointments.

GreenPal currently operates in Tampa, St. Petersburg, Atlanta, Charlotte, Orlando, Houston, Oklahoma City, San Antonio, Dallas/Fort Worth, San Antonio, and St. Louis. To download the app, search for it in the iTunes app store using the keyword: “GreenPal.”

Tips for reducing cold-weather fire risks

Plenty of things heat up when the temperature drops, including the risk for fire hazards. Fireplaces, stoves, heating systems, candles, and even electric lights are used more often during the winter than any other time of year, so it makes sense that the risk of home fires increases when the mercury drops.

The U.S. Fire Administration says 905 people die in winter home fires each year. Cooking is the leading cause of all home fires and contributes to around \$2 billion in property loss each year. Understanding potential risks and exercising caution can help homeowners protect themselves, their families and their homes from fire.

Cooking

Home heating fires peak between the hours of 6 p.m. and 8 p.m., when many people are home preparing dinner. The following steps, courtesy of the American Red Cross, can improve safety in the kitchen and reduce the likelihood of a home fire.

- Never leave cooking food unattended, as it can take just seconds for fires to ignite.
- Keep anything that can catch fire away from the stove or other appliances that generate heat.



Photo courtesy of metrocreativeconnection.com

Homeowners can reduce their risk for home fires in various ways.

- Clean regularly to prevent grease buildup.
- Make sure appliances are turned off before leaving the room or going to bed.

Heating

The National Fire Protection Association warns that heating is the second leading

cause of home fires, deaths and injuries in the United States. The NFPA offers these safety guidelines.

- Install heating appliances according to manufacturers' instructions or have a professional do the installation.
- Fuel-burning equipment needs to vent to the outside.

- Never use an oven to heat a home.
- Keep anything that can burn away from heating equipment, including portable space heaters.
- Clean and inspect heating appliances regularly.
- Turn off portable heaters when leaving the room or going to bed.

Electric

The National Safety Council estimates that between 600 and 1,000 people die each year from electrocution. Electricity also can contribute to home fires. The Energy Education Council offers these safety suggestions.

- Never force plugs into outlets.
 - Check that cords are not frayed or cracked. Do not run cords under carpets or place them in high-traffic areas.
 - Use extension cords only on a temporary basis.
 - Make sure light bulbs are the proper wattage for fixtures.
 - Install ground fault circuit interrupters in kitchens, baths, laundry rooms, and elsewhere, making sure to test them regularly.
 - Check periodically for loose wall receptacles and loose wires. Listen for popping or sizzling sounds behind walls.
- Home fires are no joke and can be prevented with simple safety checks.



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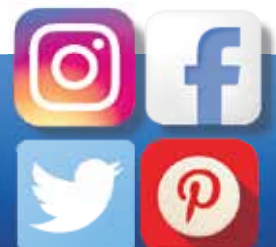


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Business Weekly

Protecting financial data during holidays

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It's not my fault: My amygdala made me do it!



Harry Pappas
Columnist

By Harry Pappas
Special to the Recorder

Amygdala is an almond-shaped mass of gray matter inside our cerebral hemisphere that is responsible for us experiencing emotions. For the purpose of this column, when you think of the amygdala, I want you to think of one word: fear. In other words, the amygdala is the reason we are afraid of things that are outside of our control. For example, when we first hear something, it is routed to our amygdala, which determines flight, fight or freeze.

While perusing the fascinating website, brainmadesimple.com, I learned that numerous studies have been performed in which researchers used deep lesioning (procedure where a thin wire is inserted into the brain to remove or terminate a function of the brain) to remove the amygdala of rats. After this procedure, the rats had no fear of anything, even cats! I find this incredibly amazing. However, don't feel bad if you do not find this subject matter as thrilling as I do! Ha!

In the final analysis, it is suggested that an overactive amygdala is the reason that a person can be highly educated, professionally successful and financially literate, but yet frequently succumb to fear and greed by selling stocks when he/she is fearful

and buying them when he/she is euphoric! Yep, our amygdala not only causes us to fear "loss," which is why so many folks sell out when panic and fear is prevalent, but it also affects our emotions regarding the fear of "missing out!" Therefore, the next time someone ridicules you for making a bad investment decision or any decision for that matter, simply say, "It was not my fault. My amygdala made me do it!" As the legendary Walter Cronkite would say, "And that is the way it is."

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Pivot CPAS promotes four key employees

Growing firm cultivates talent from within to better serve clients

To keep up with the fast-paced, growing Jacksonville economy, Ponte Vedra-based Pivot CPAs has promoted four key staffers, including two Ponte Vedra residents, to leadership roles.

Managing Partner Peter Reynolds, whose firm has grown 45 percent over the last five years, last week announced the promotions of the following people:

■ **Darrell Clarkson** (Ponte Vedra resident) was named tax principal. Formerly tax manager, Clarkson will take on a leadership role within the company and additional focus on business development. He will have an active role in managing, mentoring and training staff.

■ **Debra Smith** (Ponte Vedra resident) was named senior tax manager, working extensively with small business clients to provide tax preparation and tax planning services for individuals, corporations, partnerships and trusts.

■ **Eric Sevaton** was named tax senior accountant, handling complex tax returns



Darrell Clarkson



Debra Smith

and resolving more complex tax matters than in his previous role as an entry-level tax accountant. The new role calls for increased communication directly with clients and with junior personnel.

■ **Kyle Vincent** was named assurance senior. In his new role, Vincent will be more involved in the planning, research and management of client engagements, as well as supervise junior assurance staff by providing guidance and review of deliverables.

Reynolds said promoting from within is important for his firm.

"It is part of our cultural and brand philosophy that we take care of the people, and we take care of our clients," he said. "These four have constantly shown leadership skills as well as being talented accountants, and we are thrilled to provide them opportunity to grow."

What's all the hype about retirement?



By Jeannette Bajalia

Special to the Recorder

Jeannette Bajalia
Guest columnist

To officially qualify for baby boomer status, you must have been born between 1946 and 1964. This is the generation that statisticians refer to as

the “pig in the python” because of the way the graph shows birth rates between those years.

The line was flat through the Great Depression and World War II, but then, when the soldiers came home from making the world safe for democracy in 1945, they did what comes naturally, and the rest is history. The impact the baby boomers have had, and are still having, on the world's economy is profound. Expanding families needed new houses, cars, TVs, etc. As a consequence, the post-war American economy grew like a tall tree – one which has been offering shade and produce to the rest of the world for decades.

The generation that gave us rock and roll, the space race and flower power is retiring. Is it any wonder that so many commercials on TV are aimed at the gray-haired segment of the population? It's where the money is! It's no wonder that the bookshelves and magazine counters are overflowing with advice on retirement. Have you noticed how many cable TV channels and radio talk shows are devoted to financial planning?

We're experiencing a retirement advice avalanche that started in the late 1990s. Based on the reports, as many as 10,000 baby boomers are turning 70 years old every day and now must dip into their tax-deferred retirement accounts. All those of us in this generation (to include yours truly!), are making financial decisions that will affect the quality of the retirement journey for three to four decades. The need

for education and making the right financial choices is greater than ever.

I remember seeing a framed poster on an office wall once with the words “PLAN AHEAD” on it. What made the sign unforgettable was that all the letters were the same size except for the last two, which were smaller and closer together. The ironic inference was that the sign painter had run out of room due to lack of planning.

Sadly, most baby boomers spend more time planning a two-week vacation than they do planning their financial futures in retirement, which will most likely last three decades or more. When researchers ask baby boomers if they are ready for retirement, the answers are not encouraging. That's why you need to listen up and keep reading.

Will you contribute to the statistics of the “unprepared” for a dignified and successful retirement journey free of the challenges you will undoubtedly face during retirement: outliving your money, skyrocketing inflation, unpredictable interest rates, stock market fluctuations, unknown tax environment and skyrocketing healthcare costs? Added to these challenges is the good news challenge that brings bad news – longevity.

Longevity increases the potential of facing long-term care needs with that annual bill averaging \$92,000. Couple this with the recently released Fidelity report indicating a married couple in retirement for 20 years will have to fund over \$260,000 of out of pocket healthcare costs, which includes Medicare part B premiums, Medicare supplement premiums and co-pays and deductibles. This does not include vision, dental and hearing. That's what the hype about retirement is all about.

So, what do you do? You plan and continue to re-plan as the world turns and changes. Stuff happens! We need to continuously re-plan for more than the challenges mentioned. Life events, health issues and

RETIREMENT continues on Page 28

SIDNEY CARDEL'S CELEBRATES SIXTH ANNIVERSARY

Sidney Cardel's celebrated its sixth anniversary in mid-October. The Jacksonville Beach store specializing in unique furnishings and home décor held store-wide sales and offered hors d'oeuvres and mimosas to store customers. Visit www.sidneycardels.com for more information.



Photo from Facebook



Photo courtesy of Burdette Ketchum

Ameris Bank's annual food drive collects more than 999,000 items for nonprofits

Ameris Bank's eighth annual company-wide Helping Fight Hunger food drive initiative collected more than 999,000 non-perishable food items in October that were donated to food banks throughout the Southeast where the bank has a presence.

Ameris Bancorp, the parent company of Ameris Bank, also collectively donated \$100,000 that was distributed among all the food banks that received the collected food items. More than 80 food banks throughout 65 communities were impacted by this food drive initiative.

“The bank's Helping Fight Hunger initiative is our opportunity to help eradicate hunger and food insecurity and help make a difference for those who need it most,” said Ameris Bank President Lawton Bassett. “We are

grateful to our employees, customers and community members who generously donated items to help us collect more than 999,000 food items donated to local food banks.”

According to Feeding America, hunger in America exists for more than 46 million people, including 12 million children and 7 million seniors throughout the United States.

Ameris Bank's Helping Fight Hunger food drive initiative allowed for a food bank in every town with an Ameris Bank location to receive the donation of goods collected at the local Ameris Bank branch, plus a monetary donation from Ameris Bancorp.

For more information on Ameris Bank Helping Fight Hunger Food Drive initiative, visit www.amerisbank.com/HelpingFightHunger.



Scot A Regner Achieves Milestone

Matthew R. Foxhall, CFP®, Executive Vice President, Southeast Region of AXA Advisors, LLC would like to thank and recognize the efforts of Scot A. Regner, Financial Consultant and Retirement Planning Specialist*, who has recently received AXA Advisor's prestigious Hallmark 5 distinction.

Foxhall noted, “Only a few Financial Professionals have obtained this milestone and during his 37 years with AXA Advisors, LLC, Scot has displayed a model of integrity with his clients, helping them toward achieving their investment and risk management goals. He is a pillar in his community, continues to serve his clients, and embodies all of the core values of our firm.”



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KPMG CPA joins Monique Burr Foundation board

Two decades after his mother's death led to the creation of the Monique Burr Foundation for Children, Austin Burr is carrying on his mother's legacy by joining the board of directors.

A senior audit associate and certified public accountant at KPMG in Jacksonville, Austin will join his father, MBF founder Edward E. Burr, on the board. Ed Burr established the Monique Burr Foundation in 1997, on the one-year anniversary of his wife's death. By then, Austin Burr was 6 years old, and his brother Garrison was 3. Monique Burr was, at the point, already revered as a compassionate children's advocate and the founder of a nationally recognized nursing and day-care program for sick and disabled kids, the PALS Center.

"On numerous occasions, I've gotten to listen to my dad talk about the dash, the time in mom's life between the year she was born and the year she died in which she lived life to the fullest and loved everyone around her, and most of all loved taking care of children," Austin Burr said. "I'm so proud of what this foundation has accomplished over the last 20 years, and I can't wait to see what the future holds."

Austin and his younger brother Garrison

grew up attending events for the Monique Burr Foundation for Children, which provides research-based, comprehensive child abuse and bullying prevention education programs for schools throughout Florida and across the nation. Austin earned a bachelor's degree in accounting and finance and a master's degree in corporate accounting from Florida State University, and Garrison is earning his master's degree in accounting from FSU as well.

Lynn Layton, executive director of the Monique Burr Foundation, said Austin's service to the board represents a new chapter of the work that started when he was a child.

"He brings a new level of understanding of the digital world and how that impacts children," Layton said.

Supported by the Florida Legislature, The Foundation's MBF Child Safety Matters™ and MBF Teen Safety Matters™ programs are delivered year-round to schools across Florida (and select communities across the country) and are designed to educate and empower students and adults with information and strategies to prevent bullying, cyberbullying, digital abuse and all types of child abuse and exploitation.



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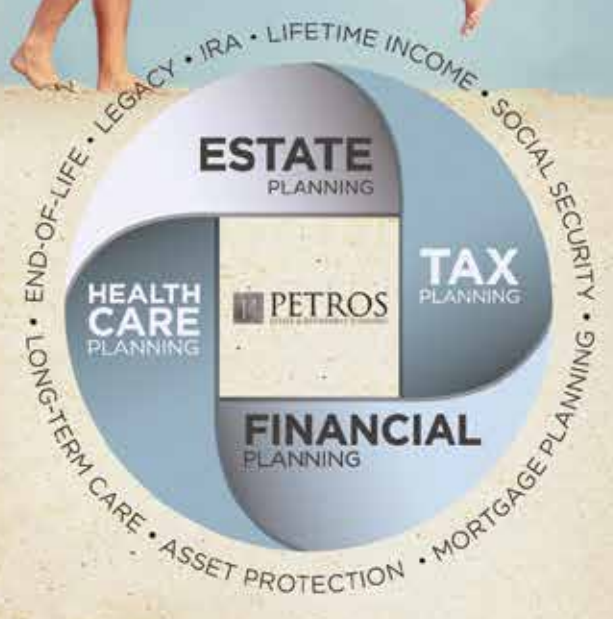
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During holidays, be extra vigilant about protecting financial data



By Karsten Jacobson

Special to the Recorder

Karsten Jacobson
Guest columnist

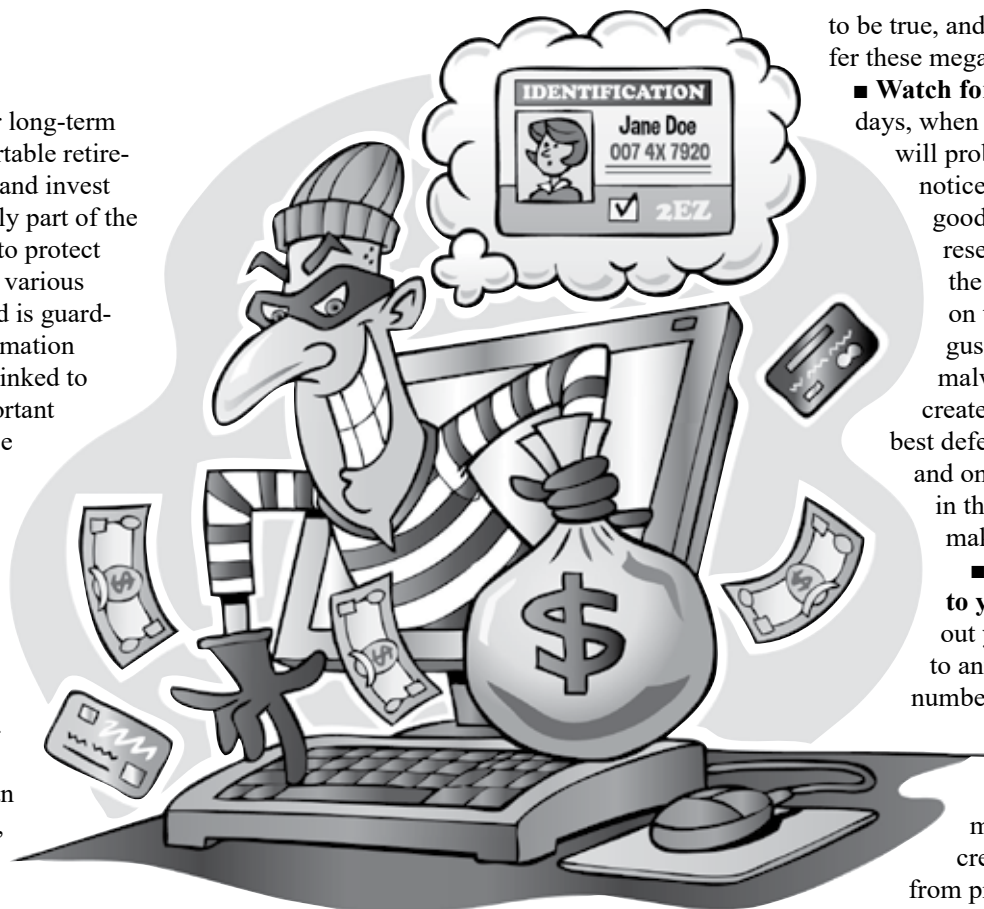
To help achieve your long-term goals, such as a comfortable retirement, you should save and invest regularly. But that's only part of the picture. You also need to protect your financial assets in various ways. One such method is guarding your personal information

— especially any information that could be linked to your financial accounts. It's obviously important to be vigilant at any time, but you need to be even more on your toes during the holiday season, when fraudsters are particularly active.

So, to help keep your important data under wraps during the holidays, consider these suggestions:

■ **Extend your protection to all mobile devices.** Identity thieves can now compromise your mobile devices by installing spyware that steals usernames, passwords and credit card information. Fortunately, you can fight back. By doing a little research online, you can find the best mobile security software for your needs.

■ **Use multiple passwords.** Online security specialists recommend that you use different passwords for each new online shopping site you visit during the holiday season. Although this might seem like a hassle, it can be helpful, because even if identity thieves were to grab one of your new passwords, they still couldn't use it for other sites you may visit. And you can even find a free online program that can help you keep track of all your passwords.



■ **Be suspicious of "huge savings."** It happens every holiday season — identity thieves develop fake sites with attractive graphics and stunningly low prices on a variety of items, especially digital devices. If you fall for these pitches, you won't get any merchandise, but you might get a handful of headaches once the bad guys have your credit card number and other personal information. To prevent this, be wary of any deal that sounds too good

to be true, and do some digging on the websites that offer these mega-savings.

■ **Watch for fake shipping notices.** During the holidays, when you may do a lot of online shopping, you will probably receive some legitimate shipping notices. But the bad guys have gotten pretty good at generating fake notices designed to resemble those from UPS, FedEx and even the U.S. Postal Service. If you were to click on the link provided by one of these bogus notices, you could either take on some malware or get taken to a "phishing" website created by the shipping notice forgers. Your best defense: Only shop with legitimate merchants and only use the tracking numbers given to you in the email you received immediately after making your purchases.

■ **Keep your Social Security number to yourself.** As a general rule, don't give out your Social Security number online — to anyone. No legitimate retailer needs this number. Finally, be aware that not all attempts at stealing your personal information will come online. When you're out shopping at old-fashioned, brick-and-mortar stores, consider bringing just one credit card with you — and protect that card from prying eyes. By following these precautions, you should be able to greatly reduce the risk of being victimized by identity thieves and other miscreants. And the more comfortable you are in doing your holiday shopping, the more you can enjoy the season.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Karsten L. Jacobson is a financial advisor for Edward Jones at 2208 Sawgrass Village Drive in Ponte Vedra Beach.

Shepherd agency promotes Kelley Stam to vice president

Shepherd, a full-service marketing, advertising, public relations and digital agency, has promoted Ponte Vedra resident Kelley Stam to vice president.

Stam joined Shepherd in 2000 as a web designer; she also worked on the print side for two years primarily on America's Best and Ameris Bank. Stam holds a double major in marketing communications and sales & business administration from Florida State University, and she has a degree in graphic design from the Miami Ad School.

"It gives me great pleasure to announce that Kelley Stam has been named a vice president of Shepherd," said Mike Russell, Shepherd's president and CEO. "As head of our digital department, she has worked on just about every account in the agency at one time or another and has led our growth as digital marketers.



Kelley Stam

She is one of those rare people who can seamlessly balance analytical and creative thinking, and we are very fortunate to have her as part our leadership team."

Shepherd, based in Jacksonville with an office in Atlanta,

specializes in integrated branding, marketing, digital and public relations services. The organization's core strength and key value to clients is the ability to turn deep insights into marketing with greater stopping power and relevance. For more information, visit www.shepherdagency.com.

Orangetheory Fitness to open studio in Jacksonville Beach

Orangetheory Fitness is opening a new location in Jacksonville Beach. Located at 3994 Third Street South (Suite 9), the studio will open Dec. 3, following a grand opening party Dec. 2 from 6 to 8 p.m. The Jacksonville Beach location will offer two weeks of free classes starting Nov. 17 for founding members that join before the grand opening event.

Orangetheory Fitness is a group personal training workout broken into intervals of cardiovascular and strength training. Backed by the science of excess post-exercise oxygen consumption (EPOC), Orangetheory Fitness' heart-rate-monitored training is designed to keep heart rates in a target zone that stimulates metabolism and increases energy.

Led by skilled instructors, participants use a variety of equipment, including treadmills, rowing machines, TRX suspension training and free weights, burning an average of 900 calories per class. The result is the Orange Effect — more energy, visible toning and extra calorie burn for up to 36 hours post-workout.

"You will experience the best 60-minute workout in the country; you'll get toned, lose inches and gain energy," said Ellen Latham, fitness expert and creator of the Orangetheory Fitness workout.

Orangetheory Fitness has nine locations on the First Coast. Visit www.OrangetheoryFitness.com for more information.

The Pineapple Corporation celebrates grand opening of new model homes in Vista at Twenty Mile

By Jon Blauvelt

The Pineapple Corporation last week celebrated the grand opening of its new model homes in the Vista at Twenty Mile, a gated neighborhood of 44 homesites in Nocatee.

The milestone was made official at a VIP event Thursday, Nov. 9, with a ribbon cutting ceremony attended by representatives of the St. Johns County Chamber of Commerce Ponte Vedra Beach Division.

In addition to the ribbon cutting, the VIP event featured catering from Ruth's Chris Steak House, live entertainment from South City Live Trio and refreshments.

In the Vista at Twenty Mile, homes will feature Spanish architecture that highlights the history of the surrounding Ponte Vedra and St. Augustine areas, according to Nocatee's website. Floorplans will range from 4,150 square feet to more than 5,800 square feet and will come with a variety of exterior elevation and interior selection options.

Visit thevistapontevedra.com for more information.



ABOVE: Representatives from The Pineapple Corporation and the St. Johns County Chamber of Commerce Ponte Vedra Beach Division celebrate the opening of the new model homes in the Vista at Twenty Mile with a ribbon cutting ceremony.

Photo courtesy of The Pineapple Corporation

LEFT: Kelly Ray, Rick Ray and Spencer Calvert

RIGHT: Amy Fairchild McBride and Lisa Sawyer

Photos by Susan Griffin



Starling at Nocatee hosts 'Chamber Before Hours'

By Jon Blauvelt

Local business professionals in the St. Johns County Chamber of Commerce Ponte Vedra Beach Division gathered at the Starling at Nocatee before work Wednesday, Nov. 8 for breakfast and networking.

Located across from Nocatee's Splash Water Park, the Starling senior living community offers concierge living, assisted living and memory care services. Visit starlingliving.com for more information.

For more information on the St. Johns County Chamber of Commerce, visit sjcchamber.com.



FAR LEFT: Steve McManus, Pam Brunell, Megan Kennedy, Sherida Wedgwood, Leticia Pappas, Kerri Dufour, Rob Clarke and Virginia Perkins

LEFT: Isabelle Rodriguez and Daniel Lewis

Photos by Susan Griffin

New study reveals Florida as No. 1 location for discretionary spending in South Atlantic region

Trove Technologies, Inc. has released its first annual Trove Discretionary Income Study showing that the city of

Jacksonville ranks No. 2 out of 10 large cities in the South Atlantic for discretionary income, while the state of Florida

ranks first in the region.

The Trove Discretionary Income Study incorporates data that reflect regional differences in salaries, cost of living and taxes to most accurately reveal the take home pay of American workers across 778 occupations. While there are many “cost-of-living” calculators that highlight general income differences across cities, there are no others that take into account the effect of taxes on the cost of living or identify the significant differences by occupation.

“Jacksonville is one of the top cities in the South Atlantic when it comes to enabling workers to keep more of what they earn,” said Michael Pao, co-founder of Trove Technologies, a storage company based in San Francisco. “Our research finds that housing is substantially more affordable in Jacksonville than the rest of the state and region, with housing expenses coming in at 17 percent lower than the state average and 17.8 percent lower than the regional average. Although gross salaries are slightly lower in Jacksonville compared to other large cities in the South Atlantic, workers in Jacksonville like other Florida cities, benefit from higher take-home pay than their peers in other states due to paying no state income tax.”

Some of the other major findings from the study for Jacksonville include the following:

- Jacksonville ranks No. 2 among 13 large metropolitan areas in the South Atlantic and No. 22 out of 63 large metropolitan areas in the United States for discretionary income across all occupations.

- Housing expenses are 16 percent lower than the regional average and 17 percent lower than the state average among large metros in Florida.

- Jacksonville ranks No. 1 among large metros in the South Atlantic for middle class occupations, education, training and library occupations, transportation and material moving occupations.

- Florida ranks No. 1 in the South Atlantic region while ranking No. 20 out of all states nationally for discretionary income.

The data underlying this analysis is from the Bureau of Labor Statistics, the Tax Foundation, and the Council for Community and Economic Research. Using a proprietary algorithm, Trove developed the tool and map.

Trove is a technology company that helps customers pack, move and store personal and household items, as well as maximize excess inventory of small, locally-based moving companies.



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PV2-LV44600

Retirement

Continued from 23

lost income will impact the journey. Don't ignore the elephant!

The majority of financial planners are

not addressing longevity and the need for integrated retirement planning. Longevity begs the need for deliberate customized strategies to ensure you mitigate the risk of running out of money before you run out of time. It's not about investing your retirement savings; it's about planning while using an integrated approach.

Are you navigating your retirement journey with a collection of financial products, or a hodge podge of brokerage accounts and financial statements that are not driven by a plan? Planning is a discipline, and investing is an activity. To manage the retirement challenges we're talking about, you need an integrated approach to retirement lifestyle planning: You need a customized tax plan, an income distribution plan, a healthcare plan and an estate plan. Anything short of this is simply a “one size fits all” hope for a successful future.

Hope is not a plan; it's gambling with retirement. Don't get caught up in all the hype about buying the latest and greatest financial product. Protect your journey through a disciplined approach to retirement planning, and let's DERAILED THE HYPE!

Ponte Vedra Beach resident Jeannette Bajalia is the president of Petros Estate & Retirement Planning and the founder and president of Woman's Worth, LLC, which offers a complete range of retirement lifestyle protection planning® services customized for women.



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PV2-LV44597



Sports

Ponte Vedra swim teams finish strong

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www.PonteVedraRecorder.com



Photos by Benjamin Naim

Former Nease High and University of Florida star Tim Tebow delivers his Hall of Fame induction speech.

Tim Tebow, Chipper Jones and Warrick Dunn headline star-studded 2017 Florida Sports Hall of Fame class

By Benjamin Naim

University of Florida quarterback, Heisman Trophy winner and Ponte Vedra native Tim Tebow; Bolles school baseball player and Atlanta Braves superstar Chipper Jones; and Florida State and NFL running back Warrick Dunn, headlined a star-studded class that was inducted into the Florida Sports Hall of Fame Nov. 8 at the Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach. The group also included former PGA Tour Commissioner Tim Finchem and LGPA star Colleen Walker.

The Florida Sports Hall of Fame honors sports figures and events from Florida while also promoting fitness awareness and other causes among the state's youth and adult population. Prior to the induction event, Tebow and Jones took photos with guests, and Finchem spoke to the media at a VIP event.

The event then began with the voice of the Jacksonville Jaguars, Frank Frangie, who served as emcee and welcomed the audience to the enshrinement ceremony. Frangie introduced the



Former Atlanta Braves star and Bolles School graduate Chipper Jones (right) signs a baseball for a fan at the Hall of Fame VIP event.

class of 2017 inductees throughout the evening. Dunn took the stage after the posthumous induction of Walker. He thanked family, friends and coaches for the honor and talked about his initiative to help single parents own homes.

"I'm thankful for this award; I love the fact that I'm in a position to help people," Dunn said. "I want to thank

a lot of the people, the coaches, that helped me get to where I'm at, the people who have supported me over the years, the board members here today. Most importantly, I want to thank all the families that I've been able to be a part of their lives."

Sharks' playoff hopes end in Tallahassee

By Jerry Norton

Special to the Recorder

The postseason ended abruptly for the Ponte Vedra Sharks following a 28-18 loss to the Godby Cougars in Tallahassee last Friday evening. The Sharks were stymied by a pair of very costly interceptions — one on the very first play of the second half.

The Sharks dodged a bullet on the Cougars' opening drive of the game when Zach Summers recovered a Godby fumble on the Ponte Vedra 5-yard line. Prior to the fumble, the Cougars had a first-and-goal on the Shark 1-yard line.

Following the recovery, the teams traded punts with neither team having an advantage. The first quarter ended with the score tied 0-0, and with Godby on the Sharks' 37-yard line. Two plays later though, the Cougars celebrated the game's first touchdown and a 7-0 lead.

Jarrett Stepp's 40-yard return on the ensuing kickoff was nullified by a holding penalty, and the Sharks were forced to punt four plays later. Stout defense by the Sharks and a near interception by Stepp kept the Cougars in check as the battle of the punters continued.

With possession of the ball on their own 25-yard line, a Jack Murrah pass was tipped and wound up in the hands of the Cougar defender who returned it to the Shark 2-yard line. One play later, the hosts bumped their lead to 14-0.

The Sharks' offense continued to struggle, and Riley Robbins was called upon to punt for the fourth time in four possessions. Godby then suffered its second turnover when Duncan Van Kouteren intercepted a third-and-3 pass attempt.

Ponte Vedra came away with good field position after Murrah connected with Rafe Stenwall on a 13-yard screen pass. It appeared to be a Sharks first down at the Godby 45-yard line. However, the ball was marked short of a first down by less than a yard. The Sharks went for it on fourth-and-short, and Zack King appeared to have picked up the first down on the dive play. The officials saw it differently, again marking the ball short of a first down. As a result, Godby took over on downs.

The half ended with the Cougars on top 14-0, but with Ponte Vedra set to receive the second half kickoff and the game within reach. Their first play of that possession —

HALL continues on Page 30

SHARKS continues on Page 30

Former PGA Tour Commissioner Tim Finchem speaks to the media during the 2017 Florida Hall of Fame induction ceremony.

Photo by Benjamin Naim



Hall

Continued from 29

After a short acceptance speech from Finchem, Jones delivered a speech in which he told stories about his parents, his upbringing and the coaches that helped shape his character. On a somber note, Jones spoke about former Toronto Blue Jays star pitcher Roy Halladay, who died in a plane crash in the Gulf of Mexico the day before the ceremony.

"I have a heavy heart standing here tonight," Jones said with tears in his eyes. "Because an adversary that I respected very much, a guy that I got to play with for the first time this summer at a charity tournament in Wichita, passed away yesterday in a plane crash. I was sitting there thinking about it ... I did not want my wife to fly with me."

Jones said the Florida Sports Hall of Fame highlights athletes who aren't just good at sports, but also use their platform for philanthropy. He asserted that the "common denominator" between the inductees is they use their platform to help people less fortunate than themselves.

Tebow was the final enshrinee to be inducted into the Hall of Fame.

"First of all, I want to thank my Lord and savior Jesus Christ," he said. "Tonight is a special night. There are so many

people that I'd like to thank. The board of directors, the volunteers, everybody that made this possible."

Tebow then complimented his fellow inductees before lauding the career statistics of Jones, calling his batting average "freaking unbelievable."

"The first time I got a chance to meet Chipper, he came to our celebrity gala and golf tournament," Tebow said. "And one thing he kept asking is 'What can I do to help?' And it was amazing to see his heart. He cares about people in need."

Tebow said he tries to represent his family in an honorable way, and he wants to represent Jacksonville, the University of Florida and the entire state as more than just a football player or pro athlete.

"I'm proud that I get to stand up here and represent so many coaches and teammates at the University of Florida," he said. "Because it wasn't just about winning football games, it was about developing young men. Ultimately, I believe this award isn't for championships, it's not for trophies ... It's about more than that."

Tebow said he invests his time in philanthropy because changing lives is more important than sports, and he wants to be remembered as someone who made a positive impact on his sphere of influence.

For more information on the Florida Sports Hall of Fame, visit www.flasportshof.org.

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PV2-LV44586

Sharks

Continued from 29

another interception on another tipped ball — proved devastating for the Sharks. The pick-six was returned 40 yards, ultimately putting Godby up 21-0.

Ponte Vedra managed to move the ball on its next possession with key catches by Stenwall (27 yards) and Kyle Barker (10 yards). But the Sharks could get no closer

than the Godby 6-yard line and settled for Robins' 24-yard field goal.

Although Ponte Vedra would force another Cougar punt, the Shark offense wasn't able to capitalize. The teams headed into the fourth quarter with Ponte Vedra on the short end of the 21-3 score and Godby inside the PV red zone.

The Cougars would move from the Sharks' 23-yard line to a touchdown in four plays and with nine minutes left in the game led 28-3.

When Robbins had to punt yet again, Ponte Vedra's chances looked bleak. But the Shark defense still had some life left. Tommy Zitiello hit the Cougar punt returner, separating him from the football, and Wes Davis recovered for Ponte Vedra.

Freshman quarterback Jacobi Myers came on for the Sharks and ignited the dormant offense. Myers first hit Kit Connelly for 11 yards, then found Stenwall for 8 and finally connected with Stepp for an 11-yard touchdown. Godby still led 28-10.

An onside kick following the touchdown surprised no one, but still the Sharks pulled it off. Mathews Webster recovered for Ponte Vedra, and Myers was back on the field with five minutes left and the Sharks looking to pull off a remarkable comeback.

Myers and Stepp did their best not to disappoint. The two combined for a 60-yard pass-and-catch touchdown. After Stepp caught the two-point conversion, the Sharks trailed 28-18.

But another onside kickoff wasn't successful, and Godby managed to hold on for the win.



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Landrum Middle School runner Rheinhardt Harrison wins the Florida Middle School State Cross Country Championship on Oct. 28 in Lakeland. Harrison shattered the meet record, set in 2015, by five seconds.

Photo courtesy of Dennis Harrison/St. Johns Striders and fl.milesplit.com



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PV2-LV44627

PVHS swim teams rack up records at state meet

The Ponte Vedra Swim Sharks competed for top honors in multiple events at the Class 2A State swim meet Nov. 2 in Stuart, wrapping up a record-breaking season.

The boys' team competed against 41 schools from across the state and placed third overall. The girls' team competed against 47 schools and placed ninth overall, an impressive feat for a team of only four qualifiers. The swimmers set new school records and swam personal best times in numerous events. Both teams brought home district titles this year – the seventh consecutive championship for the girls, and the fifth top performance in a row for the boys. The boys also finished as the runner up in the regional meet, and the girls finished third overall.

The boys' team competed for top honors in championship finals for the following events:

- 200-yard medley relay (Nicholas Cox, Jesse Hagy, Igor Kazhuro, Max Milicevic): Third place with a PVHS record time of 1:36.68.
- 400-yard freestyle relay (Jake Mier, Igor Kazhuro, Max Milicevic, Andrew Relihan): Sixth place with a time of 3:14.09 (PVHS record of 3:13.57 in preliminaries).
- 200-yard freestyle relay (Max Milicevic, Cleburne Wilson, Jesse Hagy, Andrew Relihan): Eighth place with a time of 1:29.70.



Photo courtesy of Kiti Cox

Ponte Vedra High School swim team members: (front row, from left) Lilly Lewis, Haley Harris, Emma Kelly, Riley Hagy and assistant coach Shannon Brink; (middle row, from left) head coach Monique Salles-Cunha, Max Milicevic, Andrew Relihan, Cleburne Wilson, Jake Mier, Jesse Hagy and assistant coach Bryson Valentine; (back row from left) Nicholas Cox, Igor Kazhuro

The girls' team competed for top honors in the championship finals for the following events:

- 200-yard medley relay (Emma Kelly, Riley Hagy, Lilly Lewis, Haley Harris): Sixth place with a time of 1:51.98.
- 400-yard freestyle relay (Emma Kelly,

Riley Hagy, Lilly Lewis, Haley Harris): Sixth place with a time of 3:39.63 (PVHS record of 3:39.20 in preliminaries).

Swimmers competed in championship finals in the following individual events:

- Jesse Hagy in the 100-yard breaststroke: Fourth place with a time of 1:00.26

(PVHS record of 1:00.05 in preliminaries)

■ Andrew Relihan in the 200-yard free: Fifth place with a time of 1:43.86 (PVHS record of 1:42.97 in preliminaries)

■ Nicholas Cox in the 100-yard backstroke: Seventh place with a time of 54.26 (PVHS record of 53.78 in preliminaries)

Swimmers competed in consolation finals in the following individual events:

■ Haley Harris in the 200-yard freestyle, 10th place (1:54.85); and in the 500-yard free, ninth place (5:07.54). She had a PVHS record on both events at finals.

■ Nicholas Cox in the 200-yard individual medley: 12th place (2:00.37).

■ Emma Kelly in the 50-yard freestyle, 13th place (25:12); and 100-yard backstroke, 11th place (1:00.32). She had a PVHS record in the 50 free at the preliminaries with a time of 24.98, and a PVHS record in the 100 free at the regional meet with a time of 54.93.

■ Igor Kazhuro in the 50-yard freestyle, 15th place (22.30); and 100-yard butterfly, 10th place (52.51). He had a PVHS record of 51.96 in the 100 fly at the preliminaries.

■ Max Milicevic in the 100-yard freestyle: 10th place (48.30).

■ Andrew Relihan in the 100-yard freestyle, 13th place (48.69). He had a PVHS record of 47.86 in the preliminaries.

■ Jake Mier in the 500-yard freestyle, 16th place (4:53.21).

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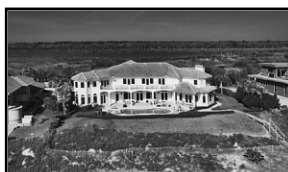
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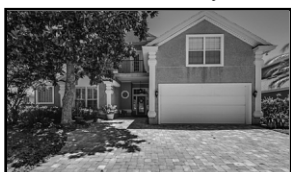
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Junior Pee Wee Sharks close out season as First Coast Conference champions

By Zach Deutch
Special to the Recorder

The Ponte Vedra Sharks Junior Pee Wee Team concluded its successful 2017 campaign on Nov. 4 with a loss in the first round of the Pop Warner Southeast Regional Playoffs. The loss was the team's first of the season, snapping a nine-game winning streak.

The Sharks (9-1) entered the First Coast Conference playoffs Oct. 21 as the No. 1 seed and faced No. 4 Orange Park. Having easily defeated the Raiders 18-0 in the season finale a week before, Ponte Vedra approached this contest with a high level of confidence. The team's confidence and a strong week of preparation delivered a comfortable victory by a nearly identical score (19-0).

Orange Park, having experienced the up-the-middle strength of the Shark defense on Oct. 14, attempted to exploit

the wide sides of the field in the rematch. Utilizing large line splits and a spread formation, the Raider offense produced a handful of big gains, yet suffered a disproportionate number of tackles for loss. The aggressive, swarming PV defense was frequently in the backfield and controlled the game from start to finish.

The Shark offense, sluggish by contrast, initially struggled to reach the end zone via its methodical, "5 yards at a time" rushing attack. However, big plays eventually provided offensive fire power, in the form of two long jet sweep TDs from WR Jack Brady (75 and 30 yards, respectively). Adding in a short TD run by Bennett Baumgartner, the final was 19-0.

The next week, Ponte Vedra faced Jax Beach in the Conference Championship. The Jaguars had already lost to PV 12-0 during the regular season in a hard-fought contest. They were looking to avenge that loss and establish their allegedly superior



Photo courtesy of Karen Case

Linebacker Zach Martus sacks the Orange Park quarterback during the opening round of the conference championship.

physicality, but the Sharks would have none of it. Ponte Vedra turned in its finest game of the season, emphatically capturing the conference championship via shutout.

Jax Beach again challenged the Sharks at the line of scrimmage, but decisively lost the battle in the trenches. Ponte Vedra advanced up and down the field, to the tune of 238 yards rushing. Baumgartner was the offensive workhorse, carrying 19 times for 108 of those yards, including a

5-yard score. The other Shark touchdowns came from quarterback Ben Burk (3-yard run), and wide receiver Griffin Owen (25-yard reception from Burk). Brady converted all three PAT kicks to make the final tally 24-0. The Shark defense played flawlessly on the perimeter and in the middle of the field, exemplified by the play of outside linebacker Maddox Bostic, who had three tackles for loss and a sack.

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THEME: THE 1980s

ACROSS

1. The lowest voice
6. Bottom line?
9. Composer Johann
13. Blood of the gods, Greek mythology
14. Mesozoic one
15. Joanna Gaines' concern
16. Landowner
17. Rainbow, e.g.
18. ___ vs. pathos
19. *Intercontinental musical benefit in 1985
21. *Brat Pack director
23. Type of English course, for short
24. Not all
25. *John Mahoney to lone Skye in "Say Anything..."
28. Former Speaker of the House
30. **"Purple Rain" performer
35. Amount of measurement
37. a.k.a. Red Planet
39. *Ed Koch, e.g.
40. **Lifestyles of the ___ and Famous"
41. Winter driving hazard
43. Stag party guest
44. "To death" in France
46. Lattice-work wood strip
47. U.S.S.R plus countries of the Warsaw Pact, e.g.
48. As opposed to nurture
50. **"Star Trek II: The Wrath of ___"
52. *Rocker Adam
53. Bald eagle's nest
55. Form of Anna
57. **"Out of ___," movie
60. *Chernobyl disaster location
64. Diego Rivera creation, e.g.
65. Janitor's tool
67. Free from
68. Golf bunkers
69. Knot-tying words
70. Out in the open
71. Giant kettles
72. Poetic "even"
73. Gradually deprives

DOWN

1. *His company launched Windows
2. Antioxidants-rich berry
3. Gangster's blade
4. Julien of Stendhal's "The Red and the Black"
5. Appoint a priest
6. Seat of intellect
7. "To ___ is human"
8. *Randy Savage, a.k.a. ___ Man
9. Short for Elizabeth
10. Dull pain
11. Avian messenger's sounds
12. Store posting, for short
15. Get rid of bugs?
20. Agenda entries
22. Behind the plate
24. Like amateur's paint job?
25. *Duran ___
26. Carl Jung's inner self
27. Monocot's alternative
29. *It fell in Europe
31. Shakespeare's metrical unit
32. African antelope
33. Part of gastrointestinal system
34. Raise a barn, e.g.
36. "Through" in text message
38. Comedian Rogan
42. Give gratitude
45. "Happy ___" by Dale Evans
49. Common Market initials
51. Like a Norwegian fjord
54. Chinese silk plant
56. Innocent
57. Radiant light
58. Short for brotherhood
59. *What Blondie does in "Rapture"
60. Second word in fairytale?
61. Brainchild
62. Fate of Norse mythology
63. Newts in terrestrial stage
64. *Music videos channel
66. "___ to Joy"

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Pee Wee

Continued from 33

As First Coast Conference champions, PV advanced to the SE Regional Playoffs, where they faced the Creeks Outlaws, the Greater Jacksonville Conference Champions, on Nov. 4. The Creeks team, also undefeated, was the only squad the Sharks faced the entire year who was physically bigger and had a similar "ground and pound" game plan.

Having never been behind in a game the entire season, PV was visibly disconcerted to find itself down 12-0 in the first quarter after an Outlaw fumble recovery for a touchdown.

Despite this, the squad pressed on, "fighting and clawing for every first down," in the words of head coach Scott Owen. Faced with a bigger, and at times faster, version of themselves, the Sharks ultimately had no answer. Creeks was able to rip off long touch-down runs at regular intervals, into the teeth of PV's defense. The Outlaws would throw only one pass on the day, winning 35-0 behind their powerful ground game.

Despite the sting of this loss, Coach Owen was upbeat.

"It was a fantastic season—one to be proud of," he commented. "Many of our players and coaches achieved a level of success they hadn't before in tackle football."



Photo by Mae Logue

Ponte Vedra cross country runners Stella Knehans, Lydia Reimer, Reagan Darrah, Lauren Bing, Avery Knehans, Kaylen McMullin, Claire Moritz, Christina D'Aquila and Trish Balsar

Ponte Vedra cross country teams compete in state championship

The Ponte Vedra girls' cross country team finished in fourth place at the Florida High School Cross Country State Championships this past weekend in Tallahassee, while the boys' team placed seventh.

Senior Claire Moritz finished eighth in the race overall with a time of 18:39, and junior Parker Romero was the first Ponte Vedra boy to finish, with a time of 16:45.

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Bolles honors 11 student-athletes at college commitment ceremony

Eleven Bolles student-athletes were honored Nov. 8 for committing to a college or university to continue their athletic and academic careers.

Family, friends, classmates, coaches and faculty filled McGehee Auditorium on the San Jose campus to celebrate their achievements. Assistant athletic director Kelly Stevenson welcomed the crowd, and several coaches introduced their respective athletes.

The following Bolles student-athletes were honored:

Baseball

- Max Ferguson, *University of Tennessee, Knoxville*
- Austin Knight, *University of Tennessee, Knoxville*

Women's cross country/track and field

- Mone't Bowen, *Howard University*

- Caitlin Collier, *Stanford University*
- Nia Guine-Herndon, *Howard University*
- Rachel Shapiro, *Davidson College*

Men's swimming

- Ariel Spektor, *University of Southern California*

Women's swimming

- Katherine Baker, *Florida State University*

- Julia Cullen, *University of Alabama*
- Stefanie Mendizabal, *University of Connecticut*

Women's volleyball

- Anastasia Scott, *Long Island University*

This marks the first of four college commitment ceremonies to be held at Bolles this school year to recognize additional student-athletes as they commit to colleges.

PLGA holds annual member-member event

The Plantation Ladies Golf Association (PLGA) recently held its annual Member-Member Tournament, a two-day event with a scramble on the first day, followed by a best ball round on the second day, at The Plantation at Ponte Vedra Beach.

Flight One winners were Diane Howard and Beverly Gavant, with a total of 134. Second place was Mary McCann and Magi Jones at 136, and Chi Daniels and Marianne McNee came in third with a 142.

Flight Two winners were Pat Flynn and Laura Snook with a score of 142, followed by a tie at 145 for second between the teams of Lynn Genest/Gretchen Calvert and Janet Fitzgerald/Susan Fish. Second place was awarded to the team of Genest and Calvert after topping the score of Fitzgerald and Fish on the last six holes.

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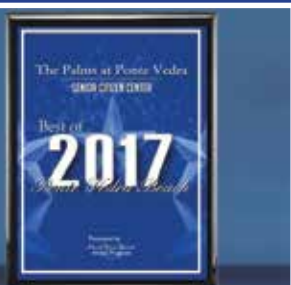
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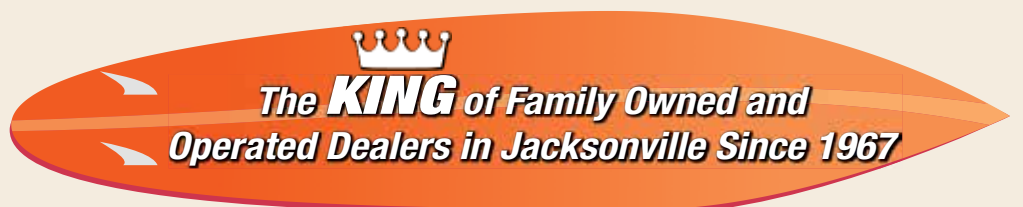


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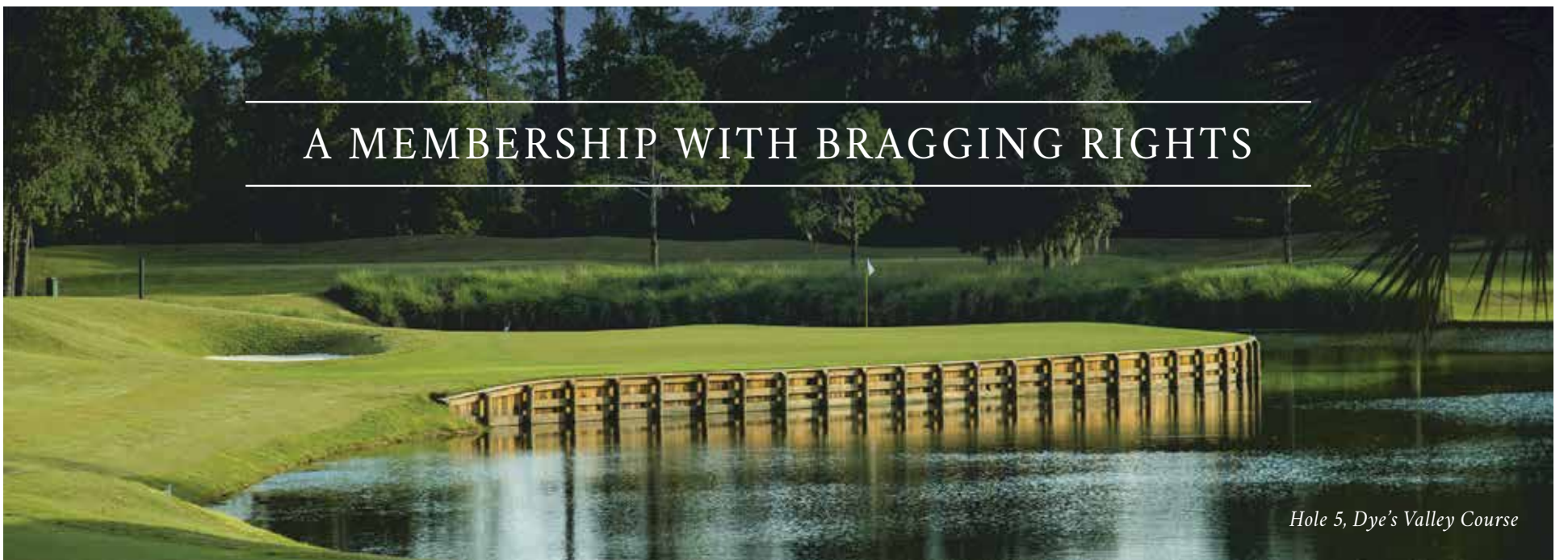
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