

Recorder

January 12, 2017
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75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com



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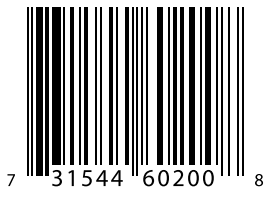
**Ponte Vedra
High School's
Nick Tronti is
the recipient
of the Florida
Dairy Farmers'
"Mr. Football"
Award**

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MR. FOOTBALL

Photo by Lynn Damm Photography

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



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

WHAT'S THIS?



Do you know what this is?

Email your answer to jennifer@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.

Six readers correctly identified last week's photo as Pure Barre in Sawgrass Village. Winner of the random drawing was **Genevieve Miranda** – congratulations, Genevieve! You may pick up your prize at the Recorder office during regular business hours.



Don't forget — incorrect but entertaining guesses might also be rewarded with a trip to the zoo.

ADOPT A PET

CAT OF THE WEEK

Hi there! My name is Snicker Doodle and I am a 5-year-old male Siamese cat who is looking for a new home to call my own. I was brought to the pet center because my family could no longer care for me. I am a very mellow declawed cat, and I look forward to meeting you. Come visit me today here at the Pet Center! #35747



DOG OF THE WEEK

Hi, my name is Charity and I am a 2-year-old female terrier mix who is looking for a new home! I was brought to the pet center as a stray. I am healed from a few, old unknown injuries, but I still show scars. I am a very sweet dog, so I hope you will visit me today here at the pet center! #35949

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

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 Rd., off US 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.**

PUZZLE SOLUTIONS

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

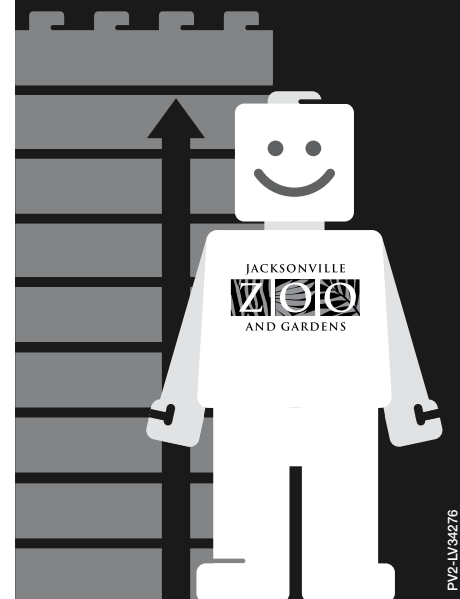
P	A	P	A	S	B	U	R	B	R	A	D	
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Solutions correspond to last week's puzzles.

JANUARY ADMISSION SPECIAL

HOW DO YOU STACK UP?

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Detectives investigating Ponte Vedra Beach home invasion and robbery

By Jennifer Logue

The St. Johns County Sheriff's Office Major Crimes Unit is investigating an alleged home invasion and robbery that occurred in Ponte Vedra Beach Monday night.

Shortly before midnight Jan. 9, deputies responded to call from the 100 block of Great Harbor Way, where a couple reported answering a knock on their door, and being confronted by two black males armed with handguns. The suspects, described as wearing camouflage clothing, forcibly entered the residence and ordered the couple to stay in a certain part of the home while the suspects gathered property.

Sometime later, the victims told detectives, a third black male suspect arrived holding another person at gunpoint. That person was later identified as Marcus Anthony Hatch, 16, of Jacksonville. The couples' roommate then arrived home and was also held at gunpoint.

As the suspects prepared to leave, they allegedly bound the three residents and left in the couple's car – a 2009 Subaru



Legacy with Florida "Air Force" tag AKN6Z– taking Hatch with them at gunpoint.

Authorities issued an Amber Alert for Hatch and the Subaru Legacy Tuesday morning. Later that day, the sheriff's office reported that Hatch had been located in good health in Jacksonville and that investigators were working with him to gather more information on the alleged home invasion and robbery.

The sheriff's office has also released a photo of a person of interest believed to be driving a white Jeep Cherokee. The individual, seen on video surveillance footage, used one of the victims' credit cards at two separate gas stations in Ponte Vedra after the incident.

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WATSON COLLECTION



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Nestled in the heart of Ponte Vedra and a short distance to beach access, this Dolphin Cove home is a must see. The residence has recently been remodeled with an updated kitchen, new appliances, new cabinets and more. MLS 861012



COASTAL OAKS

\$829,000

This magnificent Hartridge home in Nocatee is designed with stately charm and elegance present in the stunning two-story foyer with dual staircase, gourmet kitchen, large master suite with a private screened lanai and more. MLS 845020



PLANTATION OAKS

\$959,900

Straight from the pages of Coastal Living Magazine, this stately home would be perfect for a larger family with plenty of space. There is also large spaces for entertaining with a spacious screened lanai, summer kitchen and saltwater pool. MLS 825954



PALENCIA

\$1,849,000

This exclusive, elegant Mediterranean 6 bedroom/7 bath/2 half bath estate is situated on 1.37 acres of woodlands. Main living areas overlook expansive courtyard with 39' pool, waterfalls, summer kitchen, multi-level entertaining areas. MLS 830122



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MSD elects new officers, delegates committee assignments

By Jon Blauvelt

The Ponte Vedra Beach Municipal Service District board elected new officers and delegated areas of responsibility at its meeting Jan. 9 at the Ponte Vedra Beach Library.

“This is always a big deal,” said Gary Jurenovich, who has served as chairman the past two years.

To start the appointment process, Jurenovich nominated John Wegl to replace him as chairman, and all trustees concurred. Wegl, who most recently served as vice chairman, will lead the board for the second time in his MSD tenure. His goal for the position over the next two years is straightforward.

“Keep the MSD as a premier community,” he said.

The board appointed Jurenovich as vice chairman and Murle Harrison again as treasurer.

The board then agreed upon areas of responsibility, which Jurenovich said trustees hold for the duration of their time in office. Jurenovich will again manage the MSD’s relationship with the St. Johns County Sheriff’s Office and oversee roads and bridges and street signs and poles. Trustee Greg Wong will continue to lead communications, including the MSD website and a new newsletter, and will now lead emergency services, which is a new committee assignment for the board.

New trustees Kitty Switkes, Brad Wester and John Cellucci all accepted committee assignments. Switkes will oversee landscaping and beach renourishment projects, while Wester will be responsible for the MSD’s beach accesses and relationship with Jacksonville Electric Authority (JEA). Cellucci will manage the MSD’s relationships with Beaches Energy and Republic Services. The three new trustees were elected to the board in



The MSD board elected new officers and delegated areas of responsibility at its Jan. 9 meeting at the Ponte Vedra Beach Library.

August and sworn into office at the Dec. 12 MSD meeting.

Rumble stripe removal

In other MSD business, Wegl reported that the Florida Department of Transportation will soon contract with a company to remove the rumble stripes that stretch from Mickler’s Landing Beach to Vilano on State Road A1A. Once the contract is awarded, said Wegl, the contractor will have 30 to 60 days to gather materials and then 20 additional days to complete the project. The project is estimated to conclude in February or early March. Since FDOT installed the rumble stripes during summer 2016, several residents have complained about the noise they cause, as well as their safety concern they present for cyclists.

The MSD board also voted to extend its contract with Republic Services until 2024. Under the terms of the new contract, the MSD will pay the waste disposal

company \$11 per house per month for its services instead of its previous rate of \$8.61. Last year, the rate increased to \$8.61 from \$7. Wegl said the MSD has no choice but to sign the contract because St. Johns County has a franchise agreement with Republic Services.

“We either go with Republic or do without,” Wegl said.

Jurenovich said the increase in cost is due to an increase in drivers’ salaries at Republic Services. It’s a small increase per week that is worth it for the services, he said.

Residents who live in the MSD receive side door pickup and second day pickup services.

“Next to the sheriff, I think that’s the most important reason people choose to live in the MSD,” he said. “I don’t want to lose the services over 55 cents a week.”

Wester provided an update on the MSD’s beach accesses. He said the county plans to repair all beach accesses dam-

aged by Hurricane Matthew by April 1 with help from FEMA. New beach access signs, said Wester, will be installed over the next few weeks.

Wester also said three proposals have been submitted to the county to install pavers at the beach accesses located at 311 Ponte Vedra Blvd., 351 Ponte Vedra Blvd. and 401 Ponte Vedra Blvd. Wester said these projects, which each cost between \$8,000 and \$10,000, are privately funded by residents. The county doesn’t want to move forward with these projects, said Wester, without the blessing of the MSD.

Switkes concluded the meeting with an update on the dune restoration project at Mickler’s Landing Beach. As of Jan. 5, she said, only a few residents had committed to a contract with AJ Johns, the construction firm hired by the county to manage the voluntary dune restoration project.

“The reason why the residents are balking is because the price of sand has come in at close to \$1,200 a truck,” said Switkes. “There are a lot of unhappy residents down there.”

Switkes also attributed the disdain to the complexities related to the permissive use agreement with the county and the contingency fee that was added to the cost of the project.

Switkes also noted that the Florida Department of Environmental Protection has yet to approve the project’s desired sand source, which is causing additional frustration and increasing the cost of the current truckloads of sand.

Consequently, Switkes said, some residents are still attempting to bring in sand, but they’re not using A.J. Johns or the staging area at Mickler’s because they’re frustrated with the way in which that project was organized.

The next MSD meeting will be Feb. 13 at the Ponte Vedra Beach Library.

Stevenson to file hurricane tax relief legislation

By Jennifer Logue

State Rep. Cyndi Stevenson plans to file legislation this week that will provide tax relief for individuals whose homes were made uninhabitable in 2016 due to a hurricane.

According to Stevenson’s office, the proposed bill would allow individuals with a homestead exemption whose homes sustained major damage to apply for a partial property tax reimbursement of up to \$1,500. For those individuals who have purchased

a mobile home as a replacement to a prior home, the legislation permits the homeowner to apply for a partial sales tax reimbursement of up to \$1,500.

In order to qualify for the reimbursement, the impacted home must have been uninhabitable for more than 60 days within the 2016 calendar year. The bill also creates an appeals process to review applications to ensure the claims of eligible individuals are properly evaluated and reimbursements are accurately calculated, and includes crimi-

nal penalties for those who submit false or misleading applications.

In an interview with the Ponte Vedra Recorder, Stevenson said she has been working on the proposed legislation since October, when St. Johns County Tax Collector Dennis Hollingsworth notified her that county homeowners – including those who had just sustained major damage from Hurricane Matthew – would soon be receiving their property tax bills in the mail, and there was nothing that could be done under current statute to assist impacted homeowners.

“One week after Hurricane Matthew raked the First Coast, many whose homes were destroyed received their property tax bill,” Stevenson said. “This legislation provides relief from the sting of those taxes,

returning to them some of their resources to help them in their recovery.”

Stevenson noted that her legislation is informed by the data collected regarding property damage within the county following hurricanes Hermine and Matthew.

“We went out to assess the damage, we have good numbers on that,” she said, adding that her proposed bill offers a workable approach to aiding impacted country residents.

And while cautioning that the bill must first win approval from both the legislature and the governor during what is expected to be a tight budget year, Stevenson said she is ready to wage the legislative battle required to win its passage.

“It’s fair, it’s just and the people who had a lot of damage could use the relief.”

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SJSO: vehicle burglaries most frequently reported crime in Ponte Vedra

Sheriff's office increases patrols, offers tips to avoid them

By Jon Blauvelt

Vehicle burglaries were the most frequently reported crime in Ponte Vedra last year, the St. Johns County Sheriff's Office said, with 133 reported auto burglaries in 2016.

"That's the biggest thing we deal with," said Commander Brian Harrington, who leads SJSO's northeast district ranging from Ponte Vedra to St. Augustine. "I refer to it as a 'transient crime' because it's people that come in a lot of the times."

Recent residential development in Ponte Vedra has increased traffic coming in and out of the area, Harrington said, and encouraged less desirable visitors to commit vehicle burglaries, compared to past years when locals were mostly responsible.

"Because the coming and going is becoming so busy with the new roads and new communities, you're seeing a lot of different people coming in," said Harrington. "That's why I use the term 'transient crime,' because they're people that commute through or commute in that do it. They don't stay in their home area and do these things."

Most of the time, Harrington said, the culprits are capitalizing on unlocked cars in subdivisions.

"Probably 80 to 90 percent of the time, the trend now is for them to find an unlocked car," he said. "Very rarely do we have windows smashed in."

When that does occur, he added, it's likely because the suspect is seizing upon a "target of opportunity," such as a purse or wallet sitting in plain view in the car. Of the 13 stolen vehicles reported in Ponte Vedra in 2016, every one that was recovered was taken with the keys in the car. Many of those recovered were found in other locations, including Jacksonville's Northside, Atlantic Beach and even south into parts of Flagler County.

Ponte Vedra resident Donna Ritch can attest to these trends: Someone broke into her unlocked car on Christmas Eve morning and stole a number of holiday gifts. Her advice for others in Ponte Vedra is simple.



Photo courtesy of St. Johns County Sheriff's Office

The St. Johns County Sheriff's Office has used home video surveillance footage provided by residents to identify suspects of car burglaries.

"Always make sure your car is locked before you go to bed," said Ritch, who was surprised the crime happened in the first place due to the general safety of Ponte Vedra.

Nearly the same situation happened to Ponte Vedra resident Dennis Berkholtz during the holidays. He woke up one morning to find his car ransacked and his items strewn along the front seats. He said this incident can happen anywhere, and he's just thankful it wasn't any worse.

"I think it's naïve of myself not to lock the car door," said Berkholtz. "I just suggest people take the proper precautions of locking up their houses and cars."

In addition, Harrington advises residents to report every incident to the authorities, even if a similar incident occurred within that respective neighborhood and was already reported.

"It is crucial that people let us know

what's going on in their area so we can combat it," he said.

Increased patrols

In response to recently reported car burglaries, Harrington organized a task force that increased the number of nighttime patrols from Dec. 27 to Jan. 4, focused on targeting potential culprits of these crimes. The effort helped in identifying a few suspects, he said.

SJSO also recommends that residents be aware of their surroundings. Harrington said the use of home video surveillance is already helping people be more vigilant.

"A lot of people are getting video cameras and putting them in their house and videoing the front of their house or cars," he said. "That's giving us a lot of good information."

In addition to video surveillance footage, the sheriff's office is receiving

helpful information from the public via social media. Harrington said this overall exchange of information is proof of the healthy relationship that exists between the sheriff's office and public, and aids in tracking down the suspects responsible for these car burglaries.

"We get so much help now from the public," he said. "People are more open to giving us information. People call us more when they see people walking in the neighborhoods, and that helps. I like to think locally we have a very good relationship with the community."

LETTER TO THE EDITOR

On behalf of the National Multiple Sclerosis Society, North Florida Chapter, we want to thank Betsy's Hallmark and store manager Judy Naylor for unselfishness and the giving spirit during the

recent holiday season.

Putting community and charity first, Hallmark donated paper and supplies throughout December so that MS volunteers – Big Banana Bike MS teammates and Ocean Palms

Elementary School teachers – could gift wrap free for Beaches residents. Donations earned during the month will go to support local programs and provide services for people in North Florida living with the

disease. This was the second year of Hallmark's special outreach to the community and MS.

Corrina Madrid, NMSS chapter president
Bruce Reid, board member

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Each year, patients from around the world travel to Jacksonville's Gulani Vision Institute to have their vision corrected by noted ophthalmologist Arun Gulani, MD. A Ponte Vedra Beach resident, Dr. Gulani has been a leader in LASIK, cataract and astigmatism surgery, and is often called upon to train other physicians in the latest groundbreaking techniques.

Arun Gulani, MD

By Jennifer Logue

What services does the Gulani Vision Institute provide?

We provide advanced, custom-designed LASIK, cataract and astigmatism surgery; second opinions and corrective surgery for complications of LASIK and cataract surgery, previous radial keratotomy (RK) surgery and keratoconus; and innovative techniques for patients who are told they are “not a candidate.” We also treat dry eyes, perform pterygium surface rejuvenation surgeries and provide surgeon training in futuristic techniques along with eye care industry inventions and leadership.

How did you become interested in ophthalmology?

I fell in love with it. There is no other profession – pardon my severe bias – that allows one to change people's lives so dramatically and then go home so gratified every day. I am privileged to perform delicate micro-surgery using futuristic lasers and my own invented surgical instruments to help each patient see the best they can. In addition, this technologically savvy surgical profession fuels my desire to invent and keep chasing a higher target of vision for each patient beyond 20/20. Having performed one of the first LASIK surgeries in the world much before US FDA approval in the United States, I had already invented LASIK surgical instruments to improve the surgery and then authored book chapters and lectured worldwide to share my experience. From then on, I mastered over 28 forms of laser techniques to help people of all conditions see without glasses.

What brought you to the First Coast?

I was invited from New York to start the LASIK department at the University of Florida, after which I started the Gulani Vision Institute to realize my dream for providing a world-class service in a compassionate setting by performing advanced innovative laser surgeries with a very personalized patient care – high-tech, high touch – in addition to teaching visiting surgeons at my institute and providing my unbiased leadership to the eye care industry worldwide. I am blessed to have achieved that dream and continue to raise the bar in my profession so patients can aspire for custom-designed surgeries instead of routine procedures and every surgeon gets inspired to seek vision beyond 20/20

What brings patients from around the globe to Jacksonville to have you correct their vision?

Since we provide the full spectrum of laser vision corrective surgeries, there are three kinds of patients who seek my services: Those who seek the highest level of vision and don't want to settle for routine LASIK or cataract surgery; patients who have had complications from LASIK or cataract surgery with their surgeons or have had previous radial keratotomy (RK) surgery or side effects of eye surgery and seek to correct their vision; and those who have been told they are not a candidate for surgery due to their complex nature, high astigmatism, keratoconus, thin corneas or dry eyes.

Basically, I have set up my institute and work exactly how I would like to be treated myself. Hence, no patient waits at our institute; no one is rushed. I personally see every patient before, during and after surgery. There is no hype or deals and we don't like to advertise.



Photo by Jasmine Marshall

And yet with this simple model, we have made the world fly to us. I know this is contrary to the national norm, but I truly believe that what we do as doctors is a privilege and our patient's trust has to be highly respected as we work hard for each one of them to deliver the best we humanly can.

What are some of the emerging technologies that are being used today or will soon be available?

Due to my international privileges and exchange of information with surgeons while I am teaching worldwide, I have been fortunate in being among the first in the world for most surgeries and technologies, sometimes years ahead of our peers in the United States. In my crystal ball, the future of the eye surgical field is very exciting, with recent advances to correct after-40 reading glasses with KAMRA/Raindrop technologies, new generation multifocal and Toric multifocal lenses for cataract surgery, no-blade LASIK, dry-eye innovations and laser techniques to help most people lead a

life without glasses. In the research pipeline, I am also involved in 3D surgery techniques, robotic LASIK surgery, 3D printed lens and laser simulations, self-charging and self-adjusting cataract lens implants and more.

How do you enjoy spending your free time?

My work is so gratifying, I am never tired of spending hours designing and working on each patient's vision. Then my second passion is fashion designing and modeling, along with poetry and photography. My penchant for perfection and elegance may be the reason why I am so hard on myself to raise the bar in eye surgery constantly as an art. I enjoy time with my family in our beautiful Ponte Vedra community and love mentoring students, eye surgeons and giving back whenever I can. It truly is a blessing that I am living my dream to help people see the best they can, encourage fellow eye surgeons and shape the future, all from within a community that has given me so much love and support.

Chabad at the Beaches to offer Shabbat service, dinner in Atlantic Beach

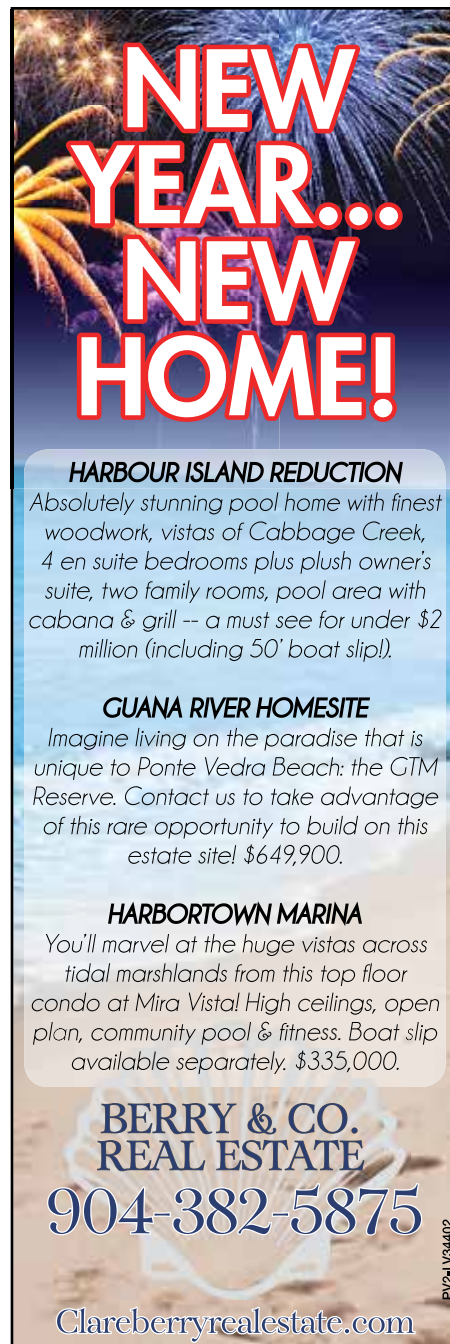
Chabad at the Beaches is again offering a Shabbat service and dinner in Atlantic Beach in addition to its regular service in Ponte Vedra Beach.

“After two joyful and warm Shabbat dinners in Atlantic Beach, we are thrilled to host a third,” said Leah Kurinsky, co-director of Chabad at the Beaches. “We are so excited to spend Shabbat with old friends and welcome the opportunity to make new ones.”

The 25-minute service will take place Feb. 24 at 6 p.m. in the Adele Grage Cultural Center, located at 716 Ocean Blvd. in Atlantic Beach. The Shabbat dinner will begin at 6:30 p.m., replete with prayer, a four-course meal, singing and Shabbat fun led by Rabbi Nochum Kurinsky and Leah Kurinsky. As with all Chabad events, there is no membership or affiliation necessary to join. Reservations are required and can be made via the synagogue’s website: www.Chabad-Beaches.com.

Rabbi Eli and Esther Wilansky will lead Chabad at the Beaches’ regular, weekly Shabbat service and dinner in Ponte Vedra Beach, which is held at its Aaron and Blanche Scharf Center for Jewish Life.

There is no cost for either event. However, donations are appreciated and can be made via the organization’s website or by mail. Sponsorships are available for \$100, \$180 and \$360. For more information, please call (904) 543-9301, email info@chabadbeaches.com or visit the synagogue’s website.



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PV2-LV34295

Temple Bet Yam to hold annual Deli Nite fundraiser Feb. 16

Temple Bet Yam in St. Augustine will hold its annual Deli Nite fundraiser Feb. 16 at 6 p.m.

The popular event will feature corned beef, pastrami and turkey sandwiches, along with traditional deli sides, desserts and beverages. Magician Bill Rosenthal will provide entertainment.

The cost of the event, which will raise money for the temple, is \$30 per person. Community members are asked to RSVP by Feb. 7 and encouraged to buy their tickets soon as they are expected to sell out quickly. Checks may be made payable to Temple Bet Yam with Deli Nite indicated in the check memo and sent to Temple Bet Yam, PO Box 860098, St. Augustine, FL 32086. For more information, contact Barbara Carman at (904) 826-3676 or email wandmtby@gmail.com.

Temple Bet Yam is located at 2055 Wildwood Drive in St. Augustine.

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PV2-LV34398

The top 5 daily habits for lifelong health

By Dr. Erika Hamer

Special to the Recorder

The habits you perform each day have a cumulative effect on your immediate and long-term health. The choices you make – the type of food you eat, how often you participate in exercise, etc. – play a significant role in determining your health status and quality of life, especially in your later years.

Developing constructive health habits as early as possible may help you avoid chronic disease, maximize your longevity and enable you to live independently well into old age. Discussed below are five key habits you can cultivate each day to realize excellent lifelong health. To be sure, this is just an abbreviated list of beneficial health habits designed to be a starting point that you can build upon over time.



Eat a whole foods diet

The food you put into your body – or don't put into your body – is one of the most important daily health decisions you make. It is true that there are an overwhelming number of dietary ideologies but if you are not sure what to do or what dietary strategies are most appropriate for you and your health goals, talk with your

health care provider.

In the meantime, consider eating whole foods – food that is not packaged, processed, polished or refined – as often as possible. Whole foods contain fiber, antioxidants and many other phytochemicals that can improve your health. Studies have shown that a diet abundant in whole and unrefined foods may help protect you from chronic disease, improve your cholesterol profile and enable optimal colon function. Examples of nutrient-dense whole foods include dark green-, yellow- and orange-fleshed fruits and vegetables, nuts, seeds, legumes and whole grains.



Move your body & joints

Some amount of physical activity every day is extremely important in keeping you healthy and pain-free. It is important to understand that you do not have to run a marathon to get the many health benefits exercise offers; any exercise that gets your heart pumping and your muscles working can yield important health gains, including improved cardiovascular fitness, improved weight control and enhanced mood and energy levels.

Introducing variety into your daily exercise routine is also important for strength-

ening your heart, toning your muscles and preserving your joints' range of motion. Consider mixing in some strength training, endurance training and movement-based activities to experience the full array of health benefits possible through physical activity. If you are not sure how or where to start, consult an expert who can counsel you on the finer details of an exercise plan that will be both sustainable and enjoyable for you.



Drink a sufficient amount of good water

Drinking plenty of good water is an important health action you can take every day to achieve and maintain optimal health. Every system in your body relies on water. Water helps flush toxins from your organs, transports nutrients to your cells, and keeps sensitive environments (ear, nose, throat) moist. Without sufficient water, you may become dehydrated, causing fatigue and making your body struggle to perform normal functions. So, just how much water should you drink each day? The answer depends on climatic conditions, activity level and gender, but

hard numbers for total daily water intake do exist for average, healthy adults living in temperate climates. According to the U.S. Department of Agriculture, 3 liters (about 13 cups) of water for men and 2.2 liters (about 9 cups) of water for women is an adequate daily intake to prevent the harmful effects of dehydration.



Remember to breathe!

It is important to take time out of your day – even just a few minutes each day – to focus on your breathing. Breathing awareness (also known as full conscious breathing) is a potent stress neutralizer and an effective restorative health technique. Studies have shown that relaxed breathing is a basic technique to control or manage stress. Slow diaphragmatic breathing, breath meditation, nasal breathing and yogic abdominal breathing are all unique breathing techniques that can help keep your stress levels in check.

Build your community

Building and maintaining healthy, positive relationships with family and friends is an important habit you can work on almost every day. Strong and consistent social bonds may help you live longer by encouraging good health behaviors, improving your cognition and providing you with a sense of place or belonging in the world, a fundamental human need.

Dr. Erika Hamer, DC, DIBCN, DIBE, is a chiropractic neurologist and the owner of Ponte Vedra Wellness Center, with offices in Ponte Vedra Beach and Nocatee Town Center. Dr. Hamer also runs Ponte Vedra Training Company, specializing in doctor-supervised training programs customized according to individual goals and physical limitations.

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DONNA Marathon marks 10th anniversary

By Jasmine Marshall

The DONNA Foundation will celebrate a milestone this February, when the nonprofit hosts its 10th Anniversary DONNA Marathon Weekend, to be held Feb. 10-12 throughout Jacksonville's scenic Beaches communities.

Friday, Feb. 10

Marathon weekend festivities will kick off with a "Social Shakeout Run" Friday, Feb. 10 at the Southern Grounds in The Courtyard at 200 First St. in Neptune Beach. Beginning at 8 a.m., participants will run or walk a three-mile route with founder Donna Deegan and several special guests, including author and Attitudinal Healing Founder Gerald Jampolsky, M.D.; Olympic Gold Medalist Joan Benoit Samuelson; DONNA Training Director Jeff Galloway; and former NFL quarterback and DONNA Official Personal Trainer David Garrard. The run is free and open to the public.

Following the shakeout, a free DONNA Expo will be held throughout the weekend at the Prime F. Osborn III Convention Center at 1000 Water St. in Jacksonville. Exhibitors will display apparel, fitness gear and samples throughout the center, and on-site marathon registration and packet pick-up will also be available at this time.

In addition, the Mayo Clinic will offer a course reviewing advances in breast cancer



Recorder file photo by Jasmine Marshall

management presented by doctors Minetta Liu, Alvaro Moreno-Aspitia and Kathryn Ruddy. The course, which requires registration, will take place both Feb. 10 and Feb. 11 at the Sawgrass Marriott Golf and Spa in Ponte Vedra Beach.

Saturday, Feb. 11

The festivities continue Saturday, Feb. 11 with the special Anniversary DONNA 10K for Metastatic Breast Cancer Awareness. Registration will begin at 6:30 a.m. at the convention center, with the race beginning at 8 a.m. The DONNA 5K will begin at 10 a.m. followed by a Fun Run at 11 a.m. Rounding out the Saturday runs will be a DONNA 110 Ultra Marathon which will cover 110 miles through the night in Atlantic Beach from the ultra base camp in Bull Memorial Park.

Sunday, Feb. 12

The DONNA Marathon Weekend draws to a close with the presentation of the 26.2 with DONNA National Marathon to Finish Breast Cancer and the DONNA Marathon Relay. With both half-marathon and full marathon options, the race begins at ATP Tour Boulevard in Ponte Vedra Beach and travels north through the Beaches communities, ending at Mayo Clinic. Parking opens at 4 a.m.; the Runner's Village's opens at 5 a.m. The official start of the race will take place at 7:30 a.m. at the Celgene start line in THE PLAYERS parking area off ATP Tour Boulevard. Following the race will be a number of festivities, including a post-race party at the Runners' Village at Mayo Clinic, awards ceremonies, an after-party and a toast to the finish.

The 10th anniversary weekend also includes a number of invitation-only receptions and fundraising events. For a complete schedule, visit www.breastcancermarathon.com/marathon-weekend/schedule-of-events. Those interested in participating may register at www.register.breastcancermarathon.com/bcmmarathon and use the promo code JG2017 through Feb. 7 for \$10 off their registration fees.

In addition, The DONNA Foundation, alongside Leading Ladies 904, TacoLu and the #lunited teams, will present its Tacos for Tatas event Feb. 20. This Pink Tie Edition of the annual charity event was previously scheduled for Oct. 10, 2016 but was postponed due to Hurricane Matthew. Now set to take place from 6 p.m. to 9 p.m. at HOBNOB in Unity Plaza, the evening will commemorate a decade dedicated to breast cancer research, awareness and care through the DONNA Marathon Weekend. Featuring performances by The Chris Thomas Band and Monarch Ballroom and Dance Studio, food and drinks by local businesses TacoLu Baja Mexicana, HOBNOB and Watts Juicery, sweets by Alley Cakes Bakery and more, guests will enjoy a toast to the marathon's history and the community. Individual tickets are \$100 and may also be purchased online at www.breastcancermarathon.com/more-donna-events/t4tpinktie. Tickets previously purchased for the original date will be honored.

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Chamber of Commerce to host Health and Wellness Expo

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce will host a free "Health and Wellness Expo" next week.

To be held from 5:30 to 7:30 p.m. Wednesday, Jan. 18 at the Cultural Center at Ponte Vedra Beach, the event will bring together a variety of local businesses that focus on health, wellness and individual self-improvement.

Participating businesses include A1A

Pharmacy, Pure Barre, the YMCA, Willness Fitness, Connect Hearing, Balanced Physician Care, Ponte Vedra Plastic Surgery, Ponte Vedra Wellness Center and more. Refreshments will be provided by KC's Kitchen.

The Cultural Center at Ponte Vedra Beach is located at 50 Executive Way. To register for the health and wellness expo, visit www.stjohnscountychamber.com.

Foundation Academy to host 'health is a state of harmony' workshop

The Foundation Academy will host a Mind, Body and Spirit Workshop from 1 to 5 p.m. Saturday Jan. 14 at 3675 San Pablo Rd. S. in Jacksonville.

Visitors will learn how "health is a state of harmony" through lectures and activities. A Tai Chi for Health and Wellness class will be taught by instructors Art, Deirdre, Sheri and Gary while Dr.

Sharyl Truty of Balanced Physician Care will present teachings on acupuncture and health. Deb Goin will teach yoga methods for better focus and E. Sisselman, R.D. will inform participants of good food choices.

The registration fee is \$45; to register or for more information, call (904) 234-0038 or email seatemp@comcast.net.

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A new definition of optimal health for the new year

By Dr. Sharyl Truty

Special to the Recorder

Renewal. The beginning of the year marks a shift and a time for change. A time to focus on establishing new behaviors that will help meet goals in the year ahead. When it comes to our health, the new year is a great time for renewal and reflection.

What is health? If you are free from a medical illness or have no new injuries, then you are “healthy,” correct? Perhaps, if all of your medical screening tests and annual physical are normal, then you can be assured you are healthy. Or maybe, if you also eat right and are fit and trim, then you can say you are truly healthy. Are these definitions accurate or does it limit our true potential?

For most integrative medicine physicians, these definitions fall short. Defining health based solely on the absence of disease falls short of optimal wellness. For an integrative medicine physician, it is the definition of health that includes physical, mental, emotional and spiritual factors which make an individual whole and lead to optimal health. It is this approach that is at the core of what an integrative medicine physician does. To paraphrase the National Institutes of Health, the definition of integrative medicine is a physician who incorporates complementary and alternative approaches into mainstream health care. With a focus on all aspects of care from prevention to treatment and recovery, the integrative medicine physician offers a unique view of health across a full spectrum of care.

Just as a financial planner can provide a broad-ranging perspective on your financial portfolio, seeking the perspective from an integrative medicine provider can provide this same perspective on optimal health. When it comes to complementary approaches, most fall into two sub groups: either natural dietary approaches or mind-body practices. All of them can help to nurture your health, provide an alternative option to prescription medication, or play a supportive role to the medications that are necessary for you to maintain your health.

Natural dietary approaches include special dietary patterns and the use of herbs and supplements. A wide variety of diets are available, and each diet has its own advantages. Dr. Andrew Weil advocates eating an “anti-inflammatory” diet for optimal health, but maintains there are times when other diets can be beneficial. Eliminating certain foods from your diet, in particular dairy or gluten, can be beneficial for certain diseases such as eczema or irritable bowel.

There also may be some benefit from fasting. Supplements and botanical medications can provide support to your health as well. There is a growing body of medical evidence showing that certain herbs can help a variety of conditions.

Supplements, however, are not regulated by the FDA. Therefore, they are not always required to adhere to exactly what is printed on the label. Often dosages of ingredients are not clearly printed either, making finding the correct dosage difficult. Furthermore, individual supplements can be sourced from places where contamination can occur. Guidance from a qualified practitioner can provide a lot of direction.

Mind-body practices are a very powerful way to engage your body’s own healing capabilities without taking prescription medications or herbs. Beyond massage, chiropractic and osteopathic manipulation – with which most of us are familiar – there is acupuncture, healing touch therapy, yoga, and tai chi to name a few. All of these have emerging medi-

cal evidence showing a direct impact in improving various medical problems.

In addition to these practices, meditation, mindfulness and progressive relaxation practices have been shown to help enrich personal states of wellness and satisfaction. Connection to spirit has also been shown to be important in health; in fact, there is evidence that spiritual practice can have a direct positive impact on health and longevity.

For the new year, consider asking yourself, is there a new way I can nurture my health beyond waiting for the next medical problem to emerge? Take a long and broad view of your well-being. Is it possible that one of these complementary modalities might be beneficial to engage in as a regular part of your own wellness routine? Maybe making a change in your

diet might be best. Perhaps focusing on a new practice such as yoga, meditation, or personal prayer might be the best way to cultivate your health. Whatever catches your eye.

Make sure to do your homework and learn as much as you can, look for good credentials in those from whom you seek care and perhaps even consider visiting an integrative medicine physician to chat about what seems to be the best fit for you. Knowing that many chronic diseases take 10 to 20 years to fully develop, ask yourself, is there something I can do today that can greatly improve my health for years to come? One small change in 2017 is all it takes.

Dr. Sharyl Truty is an integrative medicine physician and owner of Balanced Physician Care in Ponte Vedra.

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Reframing New Year's resolutions for success

By Jennifer Ryan

Special to the Recorder

As you change your calendar from December to January, there's always a thrill in the promise of a new year that's full of potential. The new year is a chance to start fresh and say goodbye to any of the previous year's frustrations – a perfect opportunity to make resolutions that will help strengthen your spirit, mind and body.

But many of us find our resolutions thrown out along with the holiday decorations. It's no wonder – starting the new year by making declarations that we're going on a drastic diet or will hit the gym every day doesn't exactly set us up for success. While choosing a resolution is easy, sticking to it can be impossible. A 2014 YMCA survey found that less than a quarter of respondents kept their resolutions. Many (71 percent) tried, but fell short of their goals, while 40 percent confessed that they gave up within the first few months, even weeks, of the new year!

Setting yourself up for success

By reframing resolutions in a positive way and breaking them down into smaller, easy-to-sustain goals, you'll see big benefits in the long run. For example, you may want to limit your screen time in 2017, but that can be more manageable if you replace it with something positive, like volunteering or setting special time aside for family.

"You can find a 'new you' in the new year by setting yourself up for long-term success, instead of short-term failure," said Erin Dankworth, wellness director

at the Ponte Vedra YMCA. "Don't fear failing by thinking you have to change, or see a change tomorrow. No one will change overnight, but we all change over time. Everyone has strengths and weaknesses, but your weaknesses turn into strengths when you focus on the best parts of you."

It's important to not let yourself get discouraged by setbacks. Even though you may experience some missteps throughout the day or even the week, that doesn't mean you have to give up. As a community-serving organization here in Ponte Vedra Beach, the Y knows making lifestyle changes and helping others will impact your life and someone else's life for the better.

Here are eight simple ways to help your 2017 New Year's resolutions stick:

- **Start small.** Break those big resolutions into small, achievable goals. Instead of cutting chocolate out of your diet for good, vow to have it only a few times a week. Or trade your two sodas a day for one soda and a glass of water. Don't try to start out too hard in your workout either: A Ponte Vedra YMCA personal trainer can help tailor a workout specifically for your needs. Stop by to see the great deals we have on personal training and nutrition packages.

- **Take it one step at a time.** Trying to change too many habits at once can easily lead to frustration. Instead of a New Year's resolution, make a New Month's resolution. Focus on that one change for the month, and add another small change

when the new month rolls around.

- **Move more.** It's important for adults to get at least 30 minutes of physical activity each day (60 minutes for children). Incorporate physical activity into your daily routines and spend more time walking to places instead of driving to improve your health and well-being. Have you set a goal to run one of the many races in the Jacksonville area, like the Gate River Run? Join our free Gate River Run training program starting this month.

- **Choose a facility**

that focuses on a holistic approach to health. When it comes to adding healthy behaviors like increasing physical activity, it's important to find a facility that keeps you motivated. Before committing to a membership, take a tour of local gyms to find the best fit for you. Your facility should not be just a gym, but a community organization that offers more health, more hope and more opportunity. This month the Y is waiving our joining fee, giving new members free access to an eight-week weight loss program plus \$100 in Y bucks that can be used for massage, personal training, youth sports and more.

- **Swap a soda a day.**

It's difficult, but cutting soda can do wonders for your body. If you can't cut it entirely, resolve to swap one soda a day for a large glass of water instead. Once you've been able to swap one out, see if you can cut soda entirely. The Y also

has registered dietitians on staff with a full menu of nutrition services to help you achieve your weight loss and healthy eating goals.

- **Talk it out.** It's easier to stick to your reso-



RESOLUTIONS continues on Page 13

Ponte Vedra YMCA to host open house events

The Ponte Vedra YMCA will open its doors to the community this month with a series of Saturday open house events to be held Jan. 7, 14 and 28.

Each event will include fun-filled, family activities from 9 a.m. to 1 p.m. to provide community members an opportunity to better understand the YMCA and its offerings. Visitors will have access to the pool, group exercise classes, kid zone, rock wall, wellness floor and locker

rooms. Food trucks will also be on site. On Jan. 28, the open house event will specifically feature a Chinese New Year celebration.

Through Jan. 15 the Y will waive the joining fee for new members, who also will receive a \$100 credit that can be used for personal training, a massage, camps, sports and more, as well as free access to the YMCA's eight-week weight loss program.

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YMCA, OneBlood join forces for National Blood Donor Month

The YMCA of Florida's First Coast has joined forces with OneBlood in January to recognize National Blood Donor Month.

Community members who give blood at a OneBlood donor center or Big Red Bus in St. Johns, Duval or Clay Counties in January will receive a free one-week guest pass at any First Coast YMCA location, as well as a wellness checkup of blood pressure, pulse, temperature and iron count and a cholesterol screening. Participants will also receive a long sleeved OneBlood shirt.

In general, healthy people who are at least 16 years old and weigh at least 110 pounds can donate blood. Photo ID is required to donate.

OneBlood is a nonprofit organization responsible for providing safe, available and affordable blood to more than 200 hospital partners and their patients throughout most of Florida, parts of Georgia, Alabama and South Carolina. To learn more about the importance of blood donation and how donors can target the power of their blood type, visit oneblood.org.

Resolutions

Continued from 12

lutions if you have a partner or friend working toward similar goals.

Team up with someone to set your 2017 goals and help each other establish a game plan dedicated to achieving them. Set specific check-ins to help each other out of slumps and to cheer each other during the high points.

The Y's member referral program offers friends up to 40 percent off the standard membership rate when they make a commitment to the Y and to each other!

- **Make family time a priority.** With work, school and activities, family time may seem like an impossible ask, but see if your family can have a "screen-free"

night with no phones, video games, etc. Instead, use that time to play a board game, play outside, visit with family and friends or participate in one of the Ponte Vedra Y's Family Nights.

- **Volunteer.** Giving back and supporting neighbors benefits everyone involved. Not only is it a personally rewarding experience to help others in need, but it's also a way to meet new people or discover a new interest. Find an opportunity in your community, such as reading to children at a YMCA Reads! after school site or distributing food at a local food bank.

To learn more about how to stick to your resolutions, call (904) 543-9622 or visit FirstCoastYMCA.org.

Jennifer Ryan is the executive director of the Ponte Vedra YMCA.

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Prenatal Yoga

Share experiences with other women with empowerment through yoga, meditation and guided visualization. This approach is gentle and safe for women in all stages of pregnancy. Participants are asked to bring a yoga mat, towel and water. This event will be held at 6 p.m. and there is a \$13 class fee per attendee. For additional information or to register, all (904) 202-5376 or visit baptistjax.com/ymca. Prenatal yoga classes will take place at the Y Healthy Living Center in the Ponte Vedra YMCA located at 170 Landrum Lane in Ponte Vedra Beach.

Free Line Dancing Classes

The Ponte Vedra Woman's Club will offer free line dancing classes Jan. 26 from 5:30 p.m. to 7 p.m. at Arbor Terrace, 5125 Palm Valley Road in Ponte Vedra. The ladies welcome the community to join the club for an evening of fun and dance learning the Cupid Shuffle, Biker's Shuffle, Electric Slide, Macarena and more to be featured at the Second Chance Prom coming in April! For more information or to RSVP, visit www.PonteVedraWomansClub.com.

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Thursday, Jan. 12	Friday, Jan. 13	Saturday, Jan. 14	Sunday, Jan. 15
<p>Celebrate Art 2017 The Cultural Center at Ponte Vedra Beach will present its 11th annual Celebrate Art Juried Artist Member Exhibition. Scheduled to open Jan. 12, the exhibition will be displayed through Feb. 18. Selected artists will receive awards and a cash prize for Best in Show, second and third place. Honorable mentions will be named, and awards will be featured in the exhibition and online. The 2017 juror will be Steve Williams, owner and director of Florida Mining Gallery. For more information, visit www.ccpvb.org.</p> <p>Amelia Island Downtown Booze & Bites Tour This two and a half hour tour offers the sights of downtown Amelia Island and samples of food and cocktails crafted by local chefs and bartenders. Featuring a total of four stops, guests will enjoy the downtown bars and eateries that make Amelia Island a foodie destination. Weekly tours are offered Thursdays and Fridays from 2:30 to 5 p.m. The cost of the tour is \$59 for this rain or shine event. For more information or to book a tour, visit www.ameliainland-downtowntastingtours.com/booze-bites-tour or email ameliatastingtours@gmail.com.</p> <p>Meet the "Friends for the Arts" Become a "Friend." The Cultural Center recently recreated a volunteer organization dedicated to supporting the arts. Get involved in the arts by joining a team of fellow art supporters in Ponte Vedra Beach. Help develop and support fundraising projects and initiate special projects to benefit and promote The Cultural Center and the arts in our community. More than 50 volunteer art supporters have already joined. Make a difference in our community. For more information visit www.ccpvb.org/friends-for-the-arts.</p> <p>Forbidden Root Tasting Coastal Wine Market and Tasting Room invites guests to a free tasting event Jan. 12 from 6 to 7:30 p.m. Sample the botanical brews of Chicago-based brewery Forbidden Root Botanic Brews.</p>	<p>Anne Frank: A History for Today The international exhibit that inspired a community-wide initiative will open to the public at the Museum of Science History (MOSH) in Downtown Jacksonville. Through Feb. 12, visitors will enjoy free admission to the museum and exhibit, which has informed visitors all around the world through excerpts, photographs and events held throughout the city. The exhibit will be presented as part of "Voices of Hope," a larger community initiative guided by MOSH that will incorporate several coordinated programs by leading organizations throughout Northeast Florida. "Anne Frank: A History for Today" and "Voices of Hope" will aim to generate conversation among Jacksonville communities, from school children to prominent leaders and professionals, on the theme of universal acceptance.</p> <p>Children's Pen Pal Program The Ponte Vedra United Methodist Church's Children's Ministry will introduce a "pen pal" program connecting seniors with 3rd-6th graders so that they may learn from each other, support one another and exchange items. This program is open to anyone interested in participating. Contact Mary Margaret at mmbarbour38@gmail.com.</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, Ponte Vedra Beach. Taste six wines for \$10. For more information, call (904) 395-3520.</p> <p>PV Professionals Networking Group The Ponte Vedra Professionals Networking Group meets Fridays at 9 a.m. at Watson Realty Corp., 615 Highway A1A, Ponte Vedra Beach. For more information, call Gloria at (904) 635-6103, visit www.pvpng.com or email pontevedrapng@gmail.com.</p>	<p>Ponte Vedra YMCA Open House The Ponte Vedra YMCA will host an open house event every Saturday throughout the month of January to showcase its offerings. With activities for the entire family, the free event will take place throughout the day. Ponte Vedra's YMCA is located at 170 Landrum Lane in Ponte Vedra Beach. For more information, call (904) 543-9622.</p> <p>Katz 4 Keeps Adoption Weekends Join Katz 4 Keeps Jan. for a weekend adoption event helping cats and kittens find their forever homes. This event will be held from 11 a.m. to 3 p.m. at the Katz 4 Keeps facility located at 935B A1A North in Ponte Vedra Beach. For more information about this event or organization, call (904) 834-3223 or email info@katz4keeps.org.</p> <p>Save Guana Now Dog Walk A dog walk benefiting Save Guana Now will be held at 10 a.m. Jan. 14. Visitors are invited to bring leashed dogs to the trailhead at Guana Tolomato Matanzas National Estuarine Research Reserve. Admission is \$3 per car with a \$5 suggested donation per adult. Dogs enter for free. For more information or to register, visit www.SaveGuanaNow.org</p> <p>Science and History Boat Tour Jacksonville's Museum of Science and History has partnered with the St. Johns River Taxi to host Science and History River Tours every Saturday. Guests will learn about the history of Jacksonville and the importance of the St. Johns River as they cruise the river. Boats leave from the museum, located at 1025 Museum Circle in Jacksonville, at 1 p.m. and 3:30 p.m. Admission is \$15 for adults and \$12 for children. To learn more, visit www.themosh.org</p>	<p>Letters from Anne and Martin The Ritz Theatre & Museum and the Jacksonville Main Public Library will present two performances of "Letters from Anne and Martin," a play that recounts an imagined conversation between Anne Frank and Dr. Martin Luther King, Jr., in conjunction with the "Anne Frank: A History for Today" international exhibition at the Museum of Science and History (MOSH). The first performance, to be held at 8 p.m. Jan. 14 at the Ritz Theatre & Museum, will be for adults; the second, intended for teens and families, will take place at 3 p.m. Jan. 15 at the library. Admission to both performances is free. Seating for both performances is limited, and advance reservations are highly recommended. For more information and to reserve seats, visit www.annefrankjax.com/all-event.</p> <p>Project Atrium: Nicola López MOCA Jacksonville presents the latest in its ongoing Project Atrium series with artist Nicola López's "A Gentle Defiance of Gravity and Form." The New York-based artist focuses on the reconfiguration of contemporary, urban landscapes. In this piece, López crafts a site-specific work of galvanized steel studs. "A Gentle Defiance of Gravity and Form" will be on display through Feb. 26. For more information about Project Atrium, visit www.mocajacksonville.unf.edu.</p> <p>Dr. Martin Luther King, Jr. Celebration St. Paul's by-the-Sea Episcopal Church, St. Andrew AME and Roberts Mt. Pisgah AME invite the community to join in a celebration of the life and accomplishments of Dr. Martin Luther King Jr. St. Paul's by the Sea, located at 465 11th Avenue North in Jacksonville Beach, will host the event on Sunday, Jan. 15 at 4 p.m. A reception will follow.</p>

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For complete information on our dining and social events, visit our website at <http://www.tpc.com/sawgrass-dining>. For more information or to make a reservation in NINETEEN or for a Social Event, please contact the dining room at 904.273.3238.

PV2-LV34401

Monday, Jan. 16	Tuesday, Jan. 17	Wednesday, Jan. 18	Thursday, Jan. 19
<p>Care Connection Volunteers Needed Adult volunteers are needed at Care Connection, located at 180 Marine St. in St. Augustine, to mentor young adult volunteers on weekend home improvement and minor repair projects for seniors who can no longer do the work themselves. Adult volunteers will help youths engage with seniors as they learning career skills and professional behavior in the field of community service. For more information, call (904) 209-3686 or email aleach@stjohnscoa.com</p> <p>Travel Training Program The Council on Aging's Travel Training program is designed to assist seniors in learning to ride the Sunshine Bus. Residents interested in expanding their transportation options or who would like to increase their confidence as a bus rider can receive assistance from trained volunteers in navigating routes, reading time tables and making transfers. Contact the mobility manager at the Council on Aging at (904) 315-6505 or email Katie Arnold at karnold@stjohnscoa.com.</p> <p>Life Enrichment Group This group is designed for those with memory changes who want to remain mentally, physically and socially active, while giving caregivers and loved ones some free time for themselves. The program is offered daily, serving the Jacksonville Beach and Ponte Vedra area. For more information call: 904-417-7354 or email life_enrichmentgroup@yahoo.com</p> <p>Lawn Service Volunteers Needed The Council on Aging is seeking volunteers for Care Connection at 180 Marine St. in St. Augustine. Lawn service volunteers are needed, including volunteers who will act as a job scheduler, job supervisor and equipment maintenance person. For more information, call the Council on Aging at (904) 209-3686 or email aleach@stjohnscoa.com.</p>	<p>Prenatal Yoga Share experiences with other women with empowerment through yoga, meditation, and guided visualization. This approach is gentle and safe for women in all stages of pregnancy. Participants are asked to bring a yoga mat, towel and water. This event will be held at 6 p.m. and there is a \$13 class fee per attendee. For additional information or to register, all (904) 202-5376 or visit baptistjax.com/ymca. Prenatal yoga classes will take place at the Y Healthy Living Center in the Ponte Vedra YMCA located at 170 Landrum Lane in Ponte Vedra Beach.</p> <p>Ponte Vedra Woman's Club The ladies of the Ponte Vedra Woman's Club invite all to an informative evening lecture on cosmetic and reconstructive surgery by Dr. Hollie Hickman. The meeting will be held at Ponte Vedra Plastic Surgery, located at 209 Ponte Vedra Park Drive. Wine and light appetizers will be served. This event will be held from 6:30 p.m. to 8 p.m. For more information or to RSVP, visit www.PonteVedraWomansClub.com.</p> <p>Douglas Anderson auditions Douglas Anderson School of the Arts will hold auditions for new students at 6 p.m. Tuesday, Jan. 17 at the school, located at 2445 San Diego Road in Jacksonville. Douglas Anderson is a Duval County Public School for students grades 9 through 12 who have intermediate and advanced skills in dance, instrumental or vocal music, performance or technical theatre, cinematic arts, creative writing and visual arts. Students with a desire for intensive study in the fine arts are encouraged to audition for admission. An application and audition details can be found on the school website at DA-arts.org, or by phoning the school at (904) 346-5620.</p> <p>Sunset Rotary Club Meeting The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6 to 7:30 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call club President Janeene Hart at (904) 412-5409 or email jwhart1208@gmail.com.</p>	<p>Rebuilding After Divorce Beginning Jan.18 from 6:30 p.m. to 8:30 p.m., an eight-week divorce recovery program facilitated by a licensed clinical social worker and Deacon Marsha Holmes will be held at Christ Episcopal Church at 400 San Juan Drive in Ponte Vedra Beach. The cost is \$25 and includes all class materials. Childcare is available with advance reservation. Register by contacting Cindy Corritore at ccorritore@christepiscopopchurch.org or calling (904) 285-7390, ext. 231.</p> <p>Lunching with the Ritz: A Lunchtime Chamber Concert The Cummer Museum welcomes guests to enjoy a lunch-hour concert from the Ritz Chamber Players Jan. 18 at 12:30 p.m. This performance is free with museum admission and features a special performance inspired by the Cummer's "LIFT" exhibition. Box lunches from the Cummer Café can be preordered for an additional fee. For more information or to register, call (904) 899-6038.</p> <p>Adult Day Health Volunteers Needed Ponte Vedra Therapeutic Adult Day Health Care at 1050 A1A North is in need of a volunteer any weekday from 10 a.m. to 2 p.m. This volunteer will help participants in activities such as games, music, chair exercises and simple arts and crafts projects. Certified pet therapy dogs are also welcome. Call (904) 209-3686 or email aleach@stjohnscoa.com for more information.</p> <p>Well-being Wednesday During and after the Mid-Week Market in Bull Park, free well-being classes will be held at the Adele Grage Cultural Center. Qigong classes, including Tai Chi, are now available Wednesday mornings at the Adele Grage Center from 9:30 to 10:30 a.m. Instructors and speakers are encouraged to contact the department of recreation and special events at (904) 247-5828 for more details about providing the community with well being information and classes.</p>	<p>Human - The Movie The Golden Way: Films That Make a Difference, an initiative of the St. Augustine Film Society in partnership with the St. Augustine Film Festival, will screen the film "Human" at the St. Augustine Film Festival to be held Jan. 19 at 6:30 p.m. in Flagler College's Ringhaver Student Center. The film, produced and directed by Yann Arthus-Bertrand, consists of exclusive aerial footage, music and first-person stories told into the camera. Christopher LeClere, a visual anthropologist at the University of Florida, will moderate the event.</p> <p>Yoga for Survivors at the Y Share a restorative experience as a yoga instructor certified by the Christina Phipps Foundation guides cancer patients, survivors, caregivers and others with range of motion and pain limitations through a gentle and safe yoga practice. This free event is open to the community. Call (904) 202-5376 or visit www.baptistjax.com/ymca to reserve a spot. The event will take place at the Y Healthy Living Center in the Ponte Vedra YMCA at 170 Landrum Lane. Class begins at 11:30 a.m.</p> <p>Life Enrichment Day Retreat Arbor Terrace Ponte Vedra hosts a Life Enrichment Day Retreat every Tuesday, Wednesday and Thursday from 9 a.m. to 2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 834-7578 and ask for Ilene Thrasher or visit www.at-pontevedra.com.</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 jasmine@opcfla.com, post online at www.pontevedrerecorder.com using the automated form or call (904) 686-3939.

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Ponte Vedra Branch Library unveils new foyer, entrance

By Jasmine Marshall

The Ponte Vedra Branch Library unveiled its newly renovated foyer and main entrance in December.

The reveal follows nearly five months of construction, which began July 20. Among the notable new features of the renovations are several improvements to the library's interior, including a revamp of the façade of Seymour's Book Store, a redesigned circulation desk with a lit welcome sign replacing the wall formerly facing the main entrance, and the installation of tile floors.

The project was fully funded through donations and fundraising efforts by the Friends of the Ponte Vedra Beach Library (FOL), a community-based support group that works with the St. Johns County Public Library System administration to augment the library's services. Through regular memberships, book sales held throughout the year and the continued support of the public, the foyer's renovation became a reality.

Inspiration struck on a number of fronts; according to Branch Manager Amy Ring, improving the ease of use of the entrance and creating better visibility for artists to exhibit their work were among the reasons behind the decision. Ring also said the new foyer is a monument to the Friends of the Library's contributions, and the hope the

Community room closed temporarily

The Ponte Vedra Branch Library's Friends of the Library Community Room is currently undergoing repair after suffering unexpected damage from a leak in December. Branch Manager Amy Ring said the library is hopeful that repairs will be completed in early February. During this time, programming previously scheduled in the room has been postponed or relocated. For an updated schedule of events at the library, visit www.sjcpls.org/branches/ponte-vedra-beach-branch/7/.

community holds for the center.

"The library is now over 20 years old, and the Friends were really interested in doing something that would affect absolutely everyone," Ring said. "They purchase materials, equipment and provide us with general improvements and furniture. Every item is acknowledged with a sticker – but we really wanted to make improvements to the foyer so that everyone who comes into this facility and community center benefits from it. They can feel welcomed and see that the community cares about this. There's no better way to recognize that."



Photo provided by Ponte Vedra Branch Library



Photos by Jasmine Marshall



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Douglas Anderson School of the Arts to hold admission auditions

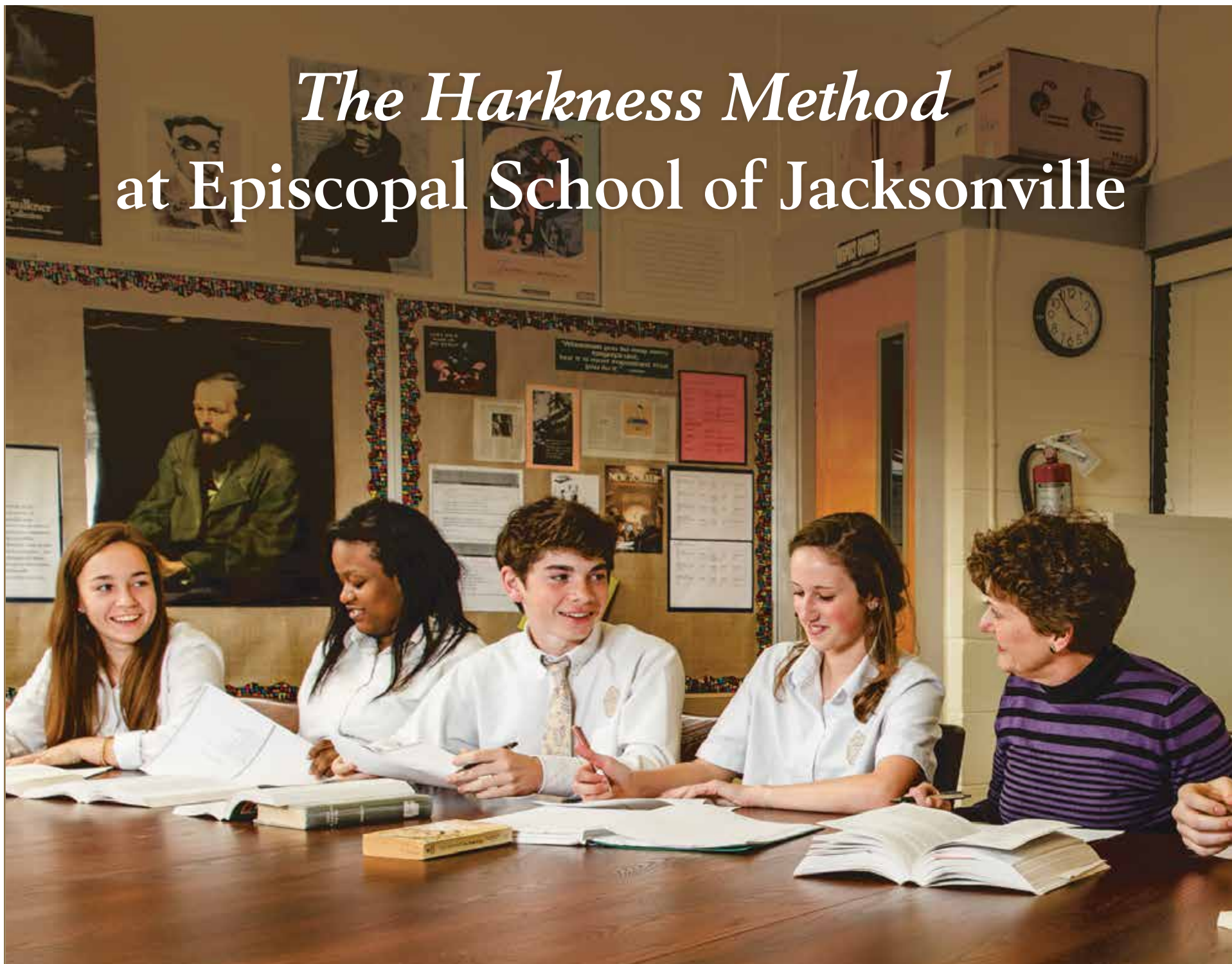
Douglas Anderson School of the Arts will hold admission auditions for new students at 6 p.m. Tuesday, Jan. 17 and Tuesday, Feb. 21 at the school, located at 2445 San Diego Road in Jacksonville.

Douglas Anderson is a Duval County Public School for students grades 9 through 12 who have intermediate and advanced level skills in dance, instrumental

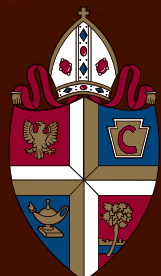


or vocal music, performance or technical theatre, cinematic arts, creative writing and visual arts. Prospective high school students with a desire for intensive study in the fine arts are encouraged to audition for admission. An application for admission and audition details can be found on the school website: DA-arts.org, or by phoning the school at (904) 346-5620.

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Photos provided by St. Augustine Fire Department

City Manager John Regan recites the oath of office with Fire Chief Carlos Aviles as part of the swearing-in ceremony.



Retired Fire Chief JC Costeira pins the chief's badge on Chief Carlos Aviles as part of the swearing-in ceremony.

St. Augustine Fire Department honors firefighters, formally appoints fire chief

After long delays due to the effects of hurricanes Hermine and Matthew, several St. Augustine firefighters were finally sworn in and recognized for their accomplishments.

St. Augustine Fire Chief Carlos Aviles was sworn in by City Manager John Regan during a ceremony Dec. 27. Aviles was appointed fire chief in August following the retirement of Fire Chief JC Costeira, but was never officially sworn in because of the storms.

Immediately following the swearing-in of the fire chief, Aviles performed his first official badge pinning and promotion ceremony with the swearing-in of three new firefighters – Ryan Costeira, Christopher Chester and AJ Jackson – and the promotions of Firefighter Zach Timmons to engineer, Engineer Brandon Seymour to lieutenant, and Lieutenant Pete Weiland to



Recipients of the Meritorious Service awards, Chief Pacetti (L) and Captain von Bretzel (R), pictured with Chief Aviles (center)

captain. Additionally, Captain Chris Pacetti was promoted to division chief of training, and Fire Marshal Bob Growick was promoted to division chief of fire prevention.

To conclude the ceremony, Aviles presented Meritorious Service awards to Captain James “Jinx” von Bretzel and Pacetti for their actions and dedication to duty during Hurricane Matthew.

St. Vincent's HealthCare Foundation to host 36th Annual Red Rose Ball

Reservations are now being accepted for the 36th Annual Red Rose Ball.

Hosted by St. Vincent's HealthCare Foundation, the gala benefit will be held Feb. 3 at 7 p.m. at the Jacksonville Marriott at Southpoint. The theme of this year's event is “Champagne in the Enchanted Garden.”

Each year, the Red Rose Ball raises money for various projects at St. Vincent's HealthCare. Last year, more than 500 guests attended the event, which raised more than \$385,000. Proceeds from this year's event will be used to provide lung health education to the community and to purchase

new equipment to more effectively care for potential lung cancer patients.

“The Red Rose Ball is an opportunity for our friends in the community to help us help those most in need,” said St. Vincent's HealthCare Foundation President Jane R. Lanier. “Through the generosity of this community, we are able to raise hundreds of thousands of dollars each year at the Red Rose Ball for programs that help us accomplish our mission to provide compassionate care to everyone.”

For tickets or more information, visit www.jaxhealth.com/RedRoseBall.



Photos courtesy of St. Vincent's HealthCare Foundation

Planning is underway for the annual Red Rose Ball. From left: Betsy and Steven Siegel M.D., Nanette and David McInnes M.D., and Paula and Michael Phelan, M.D.

The Woman's Exchange to host spring luncheons at historic Peña-Peck House

The Woman's Exchange of St. Augustine will host its Spring 2017 luncheons at noon on March 21, 24, 28 and 31; and April 4, 7 and 11.

To be held at the historic Peña-Peck House at 143 St. George St. in St. Augustine, the luncheons will include an entrée of the day (menus will be posted on Facebook), hot tea or coffee and dessert. Tickets are \$31.95 per person, including tax; guests will also receive a \$5 coupon to use in The Woman's Exchange Shop and Miss Anna's Boutique, which feature products hand-crafted by women across the country. Tours of the historic home will also be available following lunch for an additional donation.

Reservations must be paid for by Feb. 15; any reservations made after that date must be paid in full at the time of reservation. When making reservations, please specify if a



Photo courtesy of The Woman's Exchange

The Woman's Exchange shop offers items hand-crafted by women across the nation.

vegetarian meal is requested; The Women's Exchange cannot accommodate gluten-free or food allergy requests.

Proceeds from the luncheon support the historic Peña-Peck House and the charitable activities of The Woman's Exchange. To make a reservation, call (904) 829-5064.

Alhambra kicks off 50th anniversary season with Neil Simon's 'Come Blow Your Horn'

By Jennifer Logue

The Alhambra Theatre & Dining kicked off its 50th anniversary season last week by presenting the first show ever to grace its storied stage.

"Come Blow Your Horn" debuted Jan. 4 at the Alhambra, and just as it did back in 1967, the Neil Simon comedy had local audiences laughing and applauding the madcap tale of two brothers trying to live the swinging bachelor life while fending off marriage-minded girlfriends and overprotective parents.

"Fifty years ago, this old gal opened," Managing Partner Craig Smith told the audience on opening night, "and we thought, 'what a great way to kick off our 50th season than to do the first show to appear here.'"

With this new production, Smith noted, "Come Blow Your Horn" achieves another first, marking the first time that former Alhambra owner and longtime director Tod Booth, wife Lisa Valdini and daughter Jessica Booth have all performed on stage together.

"They are the royal family of the Jacksonville theater," Smith quipped.

Turning back the clock

"Come Blow Your Horn's" 1960s setting seems particularly appropriate for the Alhambra's 50th anniversary kickoff, harkening back as it does to the decade when the dinner theatre began. Set designers Dave Dionne and Ian Black deserve special mention for creating a set that instantly evokes the "Mad Men" era of 1960s Manhattan, when Neil Simon's first Broadway play debuted. That's right: Long before Simon shared his "Brighton Beach Memoirs" of his New York childhood, his wartime experiences in "Biloxi Blues" or subsequent autobiographical outings, he focused his comedic lens on his early days as a naïve aspiring writer desperately seeking to escape from his parents' control and emulate the playboy

REVIEW

lifestyle of his older brother.

In "Come Blow Your Horn," Simon's alter ego, Buddy Baker, flees his childhood home the day after his 21st birthday and appears on the doorstep of brother Alan's Manhattan bachelor pad.

While at first concerned that virginal, straitlaced Buddy will cramp his swinging style, Alan ultimately embraces the chance to usher his younger brother into manhood by fixing him up with Peggy, one of his many casual – and accommodating – girlfriends.

The brothers' plans are complicated, however, by repeated visits from their parents – who want both boys to settle down and work for the family's wax fruit manufacturing business – and Connie, an aspiring singer no longer content to be one of Alan's occasional flings.

In true Simon style, hilarity ensues as Alan's apartment becomes busier than Grand Central Station and the brothers try to keep Connie, Peggy and their parents from colliding during one hectic night.

As the charming yet irresponsible Alan, Adam Kaster is suave yet sympathetic, winning over the audience as he begins to ponder whether there might be more to life than merely bedding a different girl every night. He shares good chemistry with Vincent Hannam (Buddy), whose near-constant state of panic complements Alan's debonair demeanor. As love interests Peggy and Connie, meanwhile, Abby Jaros and Jessica Booth are two sides of the same coin. As Peggy, Jaros provides comic relief as the good-natured goodtime girl, while Booth's Connie conveys the heartache of one who yearns to be more than just the girl du jour.

Yet it's the roles of Alan and Buddy's parents that unquestionably steal the show in "Come Blow Your Horn." As Mr. and Mrs. Baker, real-life husband and wife Tod Booth and Lisa Valdini had



Photos courtesy of Alhambra Theatre & Dining

Alan (Adam Kaster) tries to placate girlfriend Connie (Jessica Booth) in the Alhambra Theatre & Dining's production of "Come Blow Your Horn."

the audience in stitches each time they appeared on stage. As Mrs. Baker, Valdini wields guilt like a baseball bat, wearing her wayward sons down with her maternal martyrdom. Booth is equally appealing, deftly executing his comic turn as the gruff, overbearing father who is both angered and hurt by his sons' rejection of all he holds dear.

"Come Blow Your Horn's" humorous take on the age-old quest to stop being a child and embrace the responsibilities of adulthood is still timely today, proving that institutions like marriage, a job – and a dinner theatre – remain as relevant today as they were in the 1960s.

"Come Blow Your Horn" runs through Jan. 22 at the Alhambra Theatre & Dining. For tickets or more information, visit www.alhambrajax.com.



"Come Blow Your Horn" marks the first time former Alhambra owner and longtime director Tod Booth (left), wife Lisa Valdini (center) and daughter Jessica Booth have all performed on stage together.



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Photos courtesy of First Coast Opera

First Coast Opera presents 'Madama Butterfly'

Local company aims to make opera accessible to all ages

By Jennifer Logue

Curtis Tucker has heard all the misconceptions people have about opera.

"There are all those old opera myths," said Tucker, the artistic director for First Coast Opera. "There's 'Oh, there's gonna be a fat lady' or 'I can't understand what's going on' or 'I don't know what to wear.'"

Tucker and his ensemble did their best to dispel those myths last weekend, when First Coast Opera presented a fully-staged production of Puccini's "Madama Butterfly." Presented Jan. 6 and Jan. 8 at Flagler College's Lewis Auditorium in

St. Augustine, the production featured a professional cast of 20 performers accompanied by a live orchestra.

As English subtitles were projected above the stage, the performers brought to life the classic tale of a young Japanese geisha who welcomes the chance to wed a brash American naval officer stationed in Nagasaki. The American, however, fails to recognize the legal or cultural significance of their traditional Japanese union and returns home to take a "real" American bride, resulting in tragedy.

Focusing as it does on themes of

OPERA continues on **Page 23**



Martín and Maria Sepulveda



Photos by Jennifer Logue

Opera singer Kirsten Chambers with First Coast Opera Artistic Director Curtis Tucker. Chambers, wife of conductor Keith Chambers, recently made her Metropolitan Opera debut.

Opera

Continued from 22

cultural misunderstandings and the ways in which Americans are perceived by citizens of other nations, “Madama Butterfly” seems as timely today as when it debuted in 1904. It is that type of universal experience, Tucker said, at which opera excels in communicating.

“Opera is all about emotion,” he said. “It combines all art forms, with the music really heightening the emotions. If we do our jobs on stage, the audience has really felt something.”

Now in its 17th season, First Coast Opera recently was awarded a grant from the National Endowment for the Arts to support its next production: a double bill featuring two courtroom comedies. On March 16 and 18, First Coast Opera will present Gilbert and Sullivan’s “Trial by Jury” alongside “The Trial of B.B. Wolf.” Composed by Tucker and written by Nelson Sheeley, the family-friendly opera puts the Big Bad Wolf on trial for his notorious exploits.

It’s a reflection, Tucker said, of First Coast Opera’s goal of making opera accessible to all ages and all audiences.

“We’re trying to grow the company,” he said, “and bring opera back to what it originally was – an art form for the people.”



Photos courtesy of First Coast Opera



Photos by Jennifer Logue

Valerie Joi Fiddmont and Angela Fisher



First Coast Opera to receive \$10,000 NEA grant

The National Endowment for the Arts has awarded First Coast Opera a \$10,000 Challenge America grant for its upcoming March production of “The Trial of B.B. Wolf.”

The award was one of more than \$30 million in grants announced as part of the NEA’s first major funding announcement in fiscal year 2017. The Challenge America category supports small- and mid-sized organizations for projects that extend the reach of the arts to underserved populations.

“The arts are for all of us, and by supporting organizations such as First Coast Opera, the National Endowment for the Arts is providing more opportunities for the public to engage with the arts,” NEA Chairman Jane Chu said. “Whether in a theater, a town square, a museum, or a hospital, the arts are everywhere and make our lives richer.”

Written by First Coast Opera Artistic Director Curtis Tucker and collaborator

Nelson Sheeley, “The Trial of B.B. Wolf” is a family-friendly opera that puts the Big Bad Wolf on trial. It will be make its Florida premiere in March as part of a double bill alongside Gilbert and Sullivan’s courtroom comedy, “Trial by Jury.”

“We couldn’t be more proud,” FCO Board President Michele Bova said of the funding award to support the production. “This is our first grant from the NEA, and it shows that our company, based right here in Saint Augustine, is recognized for growing, both in scope and quality, and reaching a larger audience base.”

“The Trial of B.B. Wolf” will be presented March 16 at 7:30 p.m. and March 18 at 4 p.m. at Ancient City Baptist Church in St. Augustine. For tickets or more information, visit www.firstcoastopera.com.

ABET to present ‘Celebration: An Avant-Garde Musical Fable’

The Atlantic Beach Experimental Theater (ABET) will depict the story of two unlikely characters who cross paths in unexpected ways when it presents “Celebration: An Avant-Garde Musical Fable.”

On New Year’s Eve, a young orphan stumbles into the home of the richest man in the world, whose bizarre entourage includes a beautiful fallen angel. With the orphan’s help, the jaded Mr. Rich regains his humanity, only to find himself locked in ritualistic

battle with the youth for the angel’s love. The musical stars Milan Alley, Franklin Ritch, Katherine Herndon and Leonard Alterman, and features Brian Keith Champion, Lucas Hopper, Matt Krieger, Kimberly Cooper York, Sara Beth Sohn, Amy Tillotson and Laurel Wilson.

Dave Alan Thomas will direct the production, which is based on the book and lyrics by Tom Jones featuring music by Harvey Schmidt. Musical direction will be by Robin Brazelton with choreography by Katie Raulerson,

This show will be presented from Jan. 20 through Feb. 4 every Friday and Saturday at 8 p.m. in addition to two Sunday performances Jan. 29 and Feb. 5 at 2 p.m. For more information or to purchase tickets, visit www.abettheatre.com or call (904) 249-7177. ABET is located at 716 Ocean Blvd. in Atlantic Beach.



Mask Design by Rebecca Williams
Cast member Amy Tillotson

Photo by Caryl Butterley



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SHORT TAKES

Ritz Theatre to present 'Letters from Anne and Martin'

The Ritz Theatre & Museum and the Jacksonville Main Public Library will present two performances of "Letters from Anne and Martin," a play that recounts an imagined conversation between Anne Frank and Dr. Martin Luther King, Jr.

Presented in conjunction with the "Anne Frank: A History for Today" international exhibition at the Museum of Science and History (MOSH), the play will be presented at 8 p.m. Jan. 14 at the Ritz Theatre & Museum. A second performance for teens and families will take place at 3 p.m. Jan. 15 at the library. Admission to both performances is free. Seating for both performances is limited, and advance reservations are highly recommended.

To reserve seats for the Jan. 14 showing, visit www.eventbrite.com/e/letters-from-anne-and-martin-tickets-29250911263. For more information, contact saubrey@smgjax.com or call 904-807-2010. For the Jan. 15 showing, visit www.jplcalendar.coj.net/evanced/lib/eventsignup.asp?ID=291066.

For more information, contact lbuggs@coj.net or call Caroline Williams at (904) 630-4654.



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IN MEMORIAM

Margaret Haladyna

Margaret Haladyna, 89, of Jacksonville, died Jan. 3, 2017. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery - (904) 285-1130 - www.pontevedravalle.com

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Burnis Irene Mobley

Burnis Irene Mobley, of Jacksonville, died Jan. 02, 2017. Ponte Vedra Valley Cremation Center and Cemetery- (904) 285-1130 www.pontevedravalle.com.

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Juanita Locke Jacobs, 60, died Jan.

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Gorak to lead Division of Cancer Medicine at Baptist MD Anderson Cancer Center

Ponte Vedra Beach resident Dr. Edward Gorak has been named head of the Division of Cancer Medicine at Baptist MD Anderson Cancer Center.



GORAK

Gorak has been at Baptist MD Anderson since August 2015 as one of the founding medical oncologists who helped start Baptist MD Anderson Cancer Center, which opened in October 2015.

"I'm looking forward to being part of the team who will bring comprehensive, quality cancer care to northeast Florida," Gorak said. "We plan to strengthen existing programs such as our breast cancer program and continue to expand high-quality research. Our partnership with MD Anderson Cancer Center in Houston is going to be critical in utilizing some shared

research and new technologies."

Serving the community

Gorak says he has always felt a strong pull toward community service. Following in his father's footsteps, he joined the U.S. Army and found his passion in oncology and research while in medical school. That commitment to service lasted 12 years as he led hematology-oncology and bone marrow/stem cell transplant programs at Walter Reed Army Medical Center in Washington, D.C.

After completing his military service, he joined Geisinger Medical Center in Pennsylvania, where he implemented high-quality research trials for underserved populations. He also was co-director of The Center for Bone Marrow Transplantation for seven years and led national cancer trials.

Board certified in hematology, medical

oncology and internal medicine, Gorak holds a master's in business administration and a master's of science in epidemiology.

"The health care industry is changing rapidly and Geisinger is one of the health systems that is leading that change," Gorak said. "My experiences at Geisinger were one of a kind and I look forward to bringing those insights to Baptist MD Anderson."

Making cancer history

While Gorak will continue with his clinical practice at Baptist MD Anderson, he will now take on administrative responsibilities, serving as physician-in-chief for medical oncologists and other physicians who work at the cancer center.

"We appreciate Dr. Gorak's earlier work on helping to build the Baptist MD Anderson Cancer program," said Darin Roark,

vice president of oncology services for Baptist Health. "We are grateful to have him step up into the leadership role as we continue advancing our efforts to grow and support the needs of our patients."

In particular, Gorak will lead in building new cancer treatment programs as Baptist MD Anderson prepares to open a new nine-story building in 2018.

"Dr. Gorak can bring people together to create even more effective teams and integrative care with surgery, radiation oncology, and cancer medicine to better meet the needs of our patients closer to where they live," said Dr. Bill Putnam, medical director for Baptist MD Anderson. "He has a very nice way about him and is aligned with our broad mission of integrated and coordinated cancer care. I think Dr. Gorak will be an individual who will help us accomplish our goals of making cancer history."

Sunset Rotary Club inducts Arbor Terrace as first corporate member

The Ponte Vedra Beach Rotary Club Sunset inducted its first corporate member last week, welcoming Arbor Terrace Ponte Vedra to its membership at the club's Jan. 3 meeting.

Arbor Terrace was represented at the induction ceremony by Senior Care Counselor Ilene Thrasher, who along with Executive Director John Schaum may now participate in all of the club's activities.

The 2016 Rotary Council on Legisla-

tion granted clubs greater flexibility in setting their membership rules and requirements, including allowing corporate memberships that would enable several named designees to attend meetings, participate in projects and vote on club motions.

Guest speaker at the meeting was Jacksonville Sheriff's Office Detective Larry Baker, who discussed what to do during an active shooter situation.

Detective Larry Baker offers tips on what to do during an active shooter situation at the meeting of the Ponte Vedra Beach Rotary Club Sunset.



Arbor Terrace's Ilene Thrasher (left) is welcomed into the Sunset Rotary Club by President Janeene Hart and Membership Chair Carol Maurer.

Photos by Susan Griffin



Photo courtesy of Baptist Jacksonville

Dr. Ruby Satpathy listens to Vernon Camp's heart. Camp underwent a minimally invasive heart valve replacement procedure that had him home in a day.

Minimally invasive heart valve replacement procedure has patient home in a day

Vernon Camp misses playing the drums. The Mandarin resident has been playing professionally since the early 1960s: In addition to playing with the U.S. Army Band in Germany, he was part of a big band and many quartets and jazz groups while holding down a day job for 39 years as a clinical and research technologist for the Emory University School of Medicine's Department of Radiology and Imaging Sciences.

But heart valve problems have slowed him down in recent years, and at 78, he wondered whether he'd have to put down his drumsticks for good.

After experiencing shortness of breath in 2014, Camp was diagnosed with aortic stenosis, a condition that occurs when the aortic valve narrows and doesn't open properly, restricting blood flow and forcing the heart to work harder to pump blood throughout the body. He has also had an irregular heartbeat, known as atrial fibrillation, for 10 years.

Camp had two options: open heart surgery to replace the damaged valve, or

a minimally invasive procedure known as Transcatheter Aortic Valve Replacement, or TAVR. Given his age and other chronic conditions, the heart valve team decided Camp would be better served with TAVR. The procedure is designed for people with severe aortic stenosis who are considered to be high- and intermediate-risk candidates for open heart surgery.

Performed through the femoral artery in the groin, TAVR allows physicians to replace the aortic valve without opening the chest and without using a heart-lung machine.

Drawing on his years as a clinical technologist, Camp researched where he wanted to have the surgery and turned to Baptist Heart Specialists. He saw cardiologist Dr. Edward Bisher, who referred him to Dr. Ruby Satpathy, an interventional cardiologist and medical director of Baptist's Structural Heart Program. Satpathy and her multidisciplinary team of interventional cardiologists and cardiothoracic surgeons specialize in minimally invasive techniques.

Camp said he was comforted by having his TAVR procedure performed by Satpathy, "one of the pioneers in the field." He was one of the several patients in November at Baptist Medical Center Jacksonville to have TAVR performed without general anesthesia. Satpathy uses conscious sedation similar to what is used for colonoscopies, endoscopies and heart catheterization procedures.

Satpathy said conscious sedation allows patients to recover more quickly as opposed to general anesthesia, where patients are intubated and on a breathing machine.

"Patients are very comfortable – it's just like going to sleep and waking up," she said. "Patients don't have the side effects of anesthesia and are not sleepy afterwards and they are walking four to five hours after surgery."

Satpathy and her team also use what she calls a "magic stitch," an instrument that makes no incision or requires no stitches in the groin. According to Satpathy, Baptist Jacksonville is the only

hospital in Jacksonville doing TAVR with conscious sedation and no groin incision. Most important, the procedure reduces a patient's hospital stay to one or two days.

"This is a major step forward in the care for TAVR patients," said Dr. Robert Still, a cardiothoracic surgeon at Baptist Jacksonville. "By using conscious sedation and the new procedure to close the arterial puncture sites, patients are able to recover, walk and be discharged sooner and with fewer complications."

Camp is glad to be back on the mend. He takes his teenage granddaughters shopping for clothes and even can be found babysitting their hamster.

"I told Dr. Satpathy after surgery that she was my guardian angel," he said.

And he's looking forward to getting back to his drums.

"Music is important to me and one of the main reasons in improving my health," Camp said. "I'd like to be strong enough to resurrect my music. That was God's gift to me to play music."

MOVERS & SHAKERS



Rice named executive director of THE PLAYERS Championship

The PGA TOUR has named **Jared Rice** executive director of THE PLAYERS Championship. Rice succeeds Matt Rapp, who was recently named senior vice president of championship management.

THE PLAYERS is set to return to the Stadium Course at TPC Sawgrass May 9-14. "It is an honor to have the opportunity to continue growing our flagship event," Rice said. "I have great passion for THE PLAYERS and its leading role in the Northeast Florida community. As our team advances our primary goal of elevating the event's stature on the world's stage, we look forward to continuing to work with the dedicated volunteers, sponsors and charities that make THE PLAYERS such an impactful showcase of our region."

Rice joined THE PLAYERS staff in 2010 as the director of sales and marketing, and was promoted to vice president in 2016. Prior to his position with THE PLAYERS, Rice served in Business Development and Global Licensing at the PGA TOUR for four years. He joined the PGA TOUR from the Detroit Red Wings organization after having spent five years with the Walt Disney Company during their ownership of Major League Baseball's Anaheim Angels and the NHL's Mighty Ducks.



Hughs joins Berkshire Hathaway HSFNR

Berkshire Hathaway HomeServices Florida Network Realty recently welcomed **Cherie Hughs** to its Ponte Vedra/Nocatee office.

HUGHS

A Northeast Florida resident for nearly three decades, Hughs brings to her role in-depth knowledge of the Beaches and Ponte Vedra.

MOVERS & SHAKERS continues on **Page 29**



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...with the bluntness of a Brooklyn cabby



Harry Pappas
Columnist

Being verbally blunt can be a good thing or a bad thing, and saying what we believe can get us liked or disliked. Some folks, who are often blunt by speaking their mind, are unfortunately perceived, at times, as being rude and

or disrespectful. On the other hand, many people consider candid-speaking folks like Warren Buffett as forthright and truthful. It is my desire that you distinguish my straight talk as not being impolite or condescending, but instead honest and caring.

Before I initiate my tirade, I want to be clear: Any time I address investors or financial advisors, I am speaking first to myself. There is no arrogance or judgment here, just a call for something better. Are you ready to put on the gloves and head into the octagon for some in-your-face constructive criticism? Okay, let's get it on!

Please listen up, as the following narrative could save us thousands of dollars and a boatload of embarrassment. If we are one of those crybabies who enjoys pointing our finger and blaming the economy, corporate America, or any of the other usual suspects for our financial woes, we need to stop right now and point the finger right at ourselves. Perhaps Mark Twain said it best: "There are a thousand excuses for failure, but never a good reason." This ain't grandma's house, and I am not going to bake you cookies and pamper you. The fact of the matter is that we cause most of our financial problems!

What we do not know does not hurt us. Instead, our wounds arise by what we

know and do not do. I can hear some of you saying, "Careful now, Preacher, don't get carried away with your finger-wagging money judge." With all respect, perhaps I am a finger-wagging money critic, but when one repeatedly witnesses irrational investor behavior for as long as I have, I cannot help but voice my concern, frustration and possible solutions to avoid making future foolish investment choices.

I have become incredibly, indescribably and excruciatingly nauseated watching investors make a poor decision solely based on what they hear from the pounding pundits of pessimism or "head-for-the-hills" doomsayers masquerading as sophisticated investment analysts. I get physically ill observing irrational investor behavior. Of course, only with time does one recognize their absurdity because of the foolish decision, because at the time, one's assessment appeared to make tremendous sense.

The primary reason why most adults have financial problems is not one's low relative salary. Instead, the critical cause is a lack of self-discipline and inability to delay gratification. It comes down to the pain of discipline or the pain of regret. We all have the choice. Obviously, there are exceptions to most things in life, and I understand that some peeps got into financial trouble when it had nothing to do with lack of discipline. However, I suggest in most cases financial problems are a lack of self-control. For example, for a variety of reasons, many of us enjoy keeping up with the Joneses, but in the end, we often become as impoverished as the Joneses. Instead of coveting the Jones family, why don't we invest our money first, pay our bills second and buy our luxuries last? Sounds simple, doesn't it? Sadly, most investors do the opposite: buy luxuries first,

pay bills second and invest whatever is remaining.

Investing should be simple, boring, and straightforward enough that we should yawn. Yaaaaaawwwwwwn! Far too many investors, however, seek complexity and ignore simplicity. This phenomenon has been around for years and has led financial advisors and clients alike to ignore the greatest value added by a financial professional, such as myself: behavioral coach!

Moreover, when it comes to investing, three emotions – fear, greed and regret – control our decision making process, which often destroys our portfolios.

Greed: How much money I will make if I am right

Fear: How much money I will lose if I am wrong

Regret: How much money I could have made if only...

If our goldfish is sick, we do not treat the fish; we treat the water. In other words, the environment is everything, which is why we should pay attention to what we expose ourselves. For example, I encourage you to do as I do: ignore market volatility, headlines, CNBC, The Wall Street Journal, Mad Money with Jim Cramer, as well as any investment advice that our colleagues, family or friends might want to share. That is correct. Ignore all the noise and get rich quick ideas. Too many "investors" buy and sell too often, as they think that they can work some magic by listening to the market forecasters, who presumably know something that nobody else does. Fuhgettaboutit!

The stock market is not a Steven Spielberg movie. We do not need gypsies with crystal balls, soothsayers wearing wizard hats, palm readers and stock market pundits with sketchy records of accomplishment.

Just eliminate the racket and nonsense and yawn. Yaaaaaawwwwwwn!

I put forth that managing our behavior is the foundation of being a successful investor. Without question, I believe psychology trumps financial education every time. Often in the real world, it is not the smart people that get ahead, but the bold. Said differently, being whip-smart will not save us from the demons of destructions: greed and fear. The investment graveyards are full of investors who learned this lesson the hard way. In the end, we must use our emotions to think instead of thinking with our emotions. If you do not conduct your financial decision making process with this methodology, I suggest that you make an appointment with the Hokey Pokey Clinic: a place to turn yourself around! Now take a deep breath and turn the page.

Harry Pappas Jr. CFP®, Managing Director-Investments, Master of Science Degree Personal Financial Planning Certified Estate & Trust Specialist™, Certified Divorce Financial Analyst™
Pappas Wealth Management Group of Wells Fargo Advisors, 818 North Highway A1A, Ste 200, Ponte Vedra, Florida 32082, 904-273-7955, harry.pappas@wellsfargoadvisors.com. The use of the CDFA™ designation does not permit Wells Fargo Advisors or its Financial Advisors to provide legal advice, nor is it meant to imply that the firm or its associates are acting as experts in this field. Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a Registered Broker-Dealer and a non-bank affiliate of Wells Fargo & Company.

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MOVERS & SHAKERS

Continued from 28

"With her insider's knowledge of the area, Cherie will be able to help each of her clients find their true home here in Northeast Florida," said Kevin Waugaman, broker/manager of the Ponte Vedra/Nocatee office. "I am excited to see how brightly her star will shine in our company."



DAILEY

FirstAtlantic Bank names Dailey vice president

Mike Dailey has joined FirstAtlantic Bank as vice president, senior commercial banker. In his new role, he will be responsible for developing new customer relationships in the bank's targeted markets of businesses and professionals.

Dailey brings 25 years of financial services experience to his new position. He was most recently with SunTrust Bank. Dailey received a bachelor of science in business administration from University of North

Carolina at Chapel Hill.

"We are very pleased to have Mike join our team," said FirstAtlantic President and CEO Mitchell W. Hunt, Jr. "His wealth of experience and knowledge of the industry will be instrumental in helping our company continue to grow in northeast Florida."



MCCRANIE

McCranie elected partner of Nelson Mullins

The partners of Nelson Mullins Riley & Scarborough LLP have elected **Christopher J. McCranie** of the Jacksonville office to the partnership. McCranie, formerly of counsel, joined the firm in 2013 and practices with the corporate group.

He focuses on real estate, real estate finance, title insurance, real estate development, general corporate, financial institutions, and mergers and acquisitions. He has additional experience in capital markets; bankruptcy, restructuring and creditors'

rights; and tax lien and escrow.

Founded in 1897, Nelson Mullins has more than 500 attorneys and other professionals, with offices in Colorado, the District of Columbia, Florida, Georgia, Massachusetts, New York, North Carolina, South Carolina, Tennessee and West Virginia.



KUBART

Kubart joins Betty Griffin Center

Kenlie Kubart is the new event coordinator at the Betty Griffin Center, a nonprofit that provides emergency shelter and services for residents

experiencing domestic or sexual abuse in St. Johns County.

In her new role with the center, Kubart will assist in developing and implementing fundraising events and community activities with conjunction with other organizations and businesses – along with assisting with social media, photography and other com-

munications projects.



MAYER

Client Focused Media welcomes Mayer

Fallon Mayer has joined Client Focused Media as an account manager. Mayer will work closely with the account executive to implement marketing strategies for CFM's clients, acting as a strategic liaison among clients, vendors and media companies.

Mayer earned her bachelor's degree in mass communications and multimedia journalism from the University of North Florida and most recently worked with The Florida Times-Union in a variety of capacities. She served as a marketing consultant for First Coast Magazine, was the primary e-commerce representative of Locabuy.com for the Jacksonville and St. Augustine area, and was a sales representative and managing editor for Eco Latino Magazine.

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SOLD! REAL ESTATE SNAPSHOT

By Michael Hannon

Special to the Recorder

The Northeast Florida Association of Realtors reported 25 residential sales in Ponte Vedra (32081) and Ponte Vedra Beach (32082) for the week ending Jan. 6,

2017. “For Sale” residential listing inventory (supply) continues to shrink against current sales per month (demand). The current ratio demonstrates 4.12 months of inventory based on current demonstrated demand, indicating a seller’s market in these two zip codes.

Typically that pushes “for sale” and “contract price” activity, with an upward pressure on pricing.

RECENT SALES

Single Family Homes – 32081

\$227,000	519 Moonshine Dr	3B/2B
\$241,075	69 Pindo Palm Dr	3B/2B
\$259,217	83 Pindo Palm Dr	3B/2B/1HB
\$325,500	196 Gray Wolf Trail	4B/2B
\$259,774	87 Pindo Palm Dr	3B/2B
\$348,093	102 Senegal Dr	3B/2B
\$436,377	279 Valley Grove Dr	4B/3B
\$510,023	89 Beartooth Trail	4B/3B/1HB
\$599,990	27 Queensland Cir	4B/3B
\$617,860	150 Hatter Dr	3B/3B
\$695,000	809 Harbor Preserve Ct	3B/2B/1HB

Condominiums – 32082

\$136,000	19 Arbor Club Dr 214	2B/2B
\$196,000	703 Sandcastle Dr	2B/2B
\$375,000	3 Little Bay Harbor Dr	2B/2B/1HB
\$1,365,000	655 Ponte Vedra Blvd C	3B/3B

Single Family Homes - 32082

\$288,000	2415 Brittany Ct	3B/2B
\$405,000	156 Azalea Point Dr S	4B/3B
\$407,400	432 S Lakewood Run Dr	4B/3B/1HB
\$420,000	1564 Harbour Club Dr	5B/4B
\$445,000	1108 S Marsh Wind Way	4B/4B
\$520,000	1246 Neck Rd	3B/2B
\$594,000	101 Seven Iron Ct	4B/3B/1HB
\$620,000	169 Greencrest Dr	4B/3B
\$757,500	2632 Lighthouse Cove Pl	3B/3B

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MLS reported +/- 20 sold real estate transactions this week. The list above illustrates representative sampling of reported sold transactions. Property information is not guaranteed. © 2016 MLS and FBS

Have real estate questions? Email them to have your question answered in a future column. Submit questions to mh@michael2020.com.

SHORT TAKES

Dr. Martin Luther King, Jr. Celebration

St. Paul’s by-the-Sea Episcopal Church, St. Andrew AME and Roberts Mt. Pisgah AME invite the community to join in a celebration of the life and accomplishments of Dr. Martin Luther King Jr. The event will be held Sunday, Jan. 15 at 4 p.m. at St. Paul’s by the Sea, located at 465 11th Avenue North in Jacksonville Beach. A reception will follow.

Free Tuesday Lecture: Why Does War Need Art?

The Cummer Museum will host a free lecture on the connection between war and art Tuesday, Jan. 17 from 7 to 8 p.m. Held in conjunction with “Heroes & Battlefields: World War I, Prints by James McBey” in the Millner Gallery, the lecture will be presented by G. Kurt Piehler, who will speak on why war and art are so inexorably linked. Registration is required. For more information, call (904) 899-6038.



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NICK TRONTI:

Mr. Football on and off the field

Nick Tronti before Ponte Vedra's 51-19 playoff win over Yulee Nov. 11.

Photos courtesy of Lynn Damm Photography



By Jon Blauvelt

As the recipient of the 2016 Florida Dairy Farmers Mr. Football award, Nick Tronti is recognized as the state's top high school football player, but many of those closest to him say he's the complete opposite of your stereotypical jock.

"He's an extremely humble, thoughtful and caring human being," said Aaron Avery, quarterbacks coach at Ponte Vedra High School. "Every achievement he's ever had, he's tried to deflect and give credit to other people."

The senior quarterback led the Sharks on a magical playoff run that ended in a heartbreaking 35-33 loss to American Heritage High School in Ponte Vedra's first ever-state championship appearance. He passed for 3,333 yards and 34 touchdowns and rushed for 662 yards and 19 touchdowns throughout the season, which ultimately resulted in him being crowned Mr. Football in December by a statewide panel of high school football coaches and media representatives. Tronti won the award in convincing fashion, with 12 of the 23 first-place votes. He joins Nease's Tim Tebow (2005) as just the second athlete from St. Johns County to earn the award, and the sixth Jacksonville area athlete to do so.

"It's a tremendous honor," said Tronti,



Nick Tronti with his parents on senior night Nov. 4 before Ponte Vedra defeated Creekside 48-14

ti, who is currently committed to play college football at University of North Carolina-Charlotte. "It means more to our team than anything, though. Those were the guys that got it for me."

Known for his competitiveness on the field, Tronti brings that same determination off the field to be the best person he can be.

He is an active member of Ponte Vedra High School's Best Buddies organization, which pairs students with special needs students to help them develop life skills. Tronti is paired with a special needs student, and the two eat

lunch together every day. Along with others from the organization, Tronti also takes her out to dinner, and to fun activities outside of school. Tronti said he also teaches her basic manners and skills, such as how to tip at a restaurant.

"I have fun hanging out with her," he said. "I don't do it just to do it. We have an awesome time. It's fun to give back to them because they love it, and it makes me feel good inside to give back to people like that."

Gordie Rolison, Ponte Vedra's defensive line coach and a special needs teacher at the high school, said Tronti

impresses him with something every day.

"People look at Nick as the athlete he is," said Rolison. "He wants to beat you even if it's ping pong. I think he also wants to be a better person than you. He wants to go that extra mile to help people."

Rolison said his students have severe, profound or high functioning autism. Of the 150 kids in the school's Best Buddies club, he said 15 are actively involved in helping these students. Tronti and three of his teammates, said Rolison, are part of that group.

"Those guys come through our room every day," Rolison said. "They come in, sit down and talk with the kids. Nick eats lunch with a group of them every day. He's a leader on the field and off the field."

Tronti's compassion doesn't stop there. He demonstrates streaks of it throughout his life.

He lives in a neighborhood full of elementary and middle school kids who play flag football. Tronti said he regularly plays with them as the neighborhood's all-time quarterback.

"I try to do things that when I was that age would have been cool for other people to do for me," he said.

TRONTI continues on Page 33

Sharks end holiday break with five straight wins

By Jim Moyes

Special to the Recorder

One would be hard pressed to pen a better script for the Ponte Vedra varsity basketball team than for their efforts during the long holiday break.

Winners of five straight games, all on the road, the Sharks had highlights galore during their streak. On Wednesday, Jan. 4, the team earned their beloved Head Coach Bud Beech his 500th career win with a 53-48 victory over Westside at Ribault High School. Only a slim turnout of Shark faithful were in attendance to witness Beech's milestone accomplishment on win number 500, but that was certainly not the case for win number 501 at Nease High School.

Before another packed and spirited throng of rooters for both teams on Friday, Jan. 6, the Sharks concluded their holiday journey with a thrilling 55-53 comeback victory against arch rival Nease.

The Sharks were a mediocre 2-3 to begin this season while waiting on the return to

their roster of a pair of starters who were instrumental in the huge success of the PVHS football state runner-ups. Since senior JD Pirris and sophomore Reese Russi returned to the starting lineup, the Sharks have won seven of their last eight games to improve their season record to an impressive 9-4.

The only blip during that streak was their opening round defeat at the hands of Flagler Palm Coast when the Sharks had an uncharacteristically poor shooting night. It took the 'Beech Boys' less than 24 hours, however, to regain their shooting touch as four PVHS players reached double figures in their 65-56 win over Savannah (GA) Windsor Forest.

The following day showed why the Sharks had missed the services of Pirris and Russi when the back court pair teamed up for a combined 28 points in a 74-64 victory over Crescent City.

A pair of Nassau County opponents were the next to fall at the hands of the Sharks, who romped to a convincing 68-44 win over Baldwin High with Pirris (18) Eston Hensley (13) and Mike Nicandri

(11) all in double figures. The Baldwin victory pushed Beech's career win total to 499 heading into the next afternoon's game vs. Westside. Playing hard for their veteran mentor, the Sharks took a commanding 46-29 lead into the final quarter before outlasting a belated Westside charge to prevail 53-48.

Although win number 500 had to be very satisfying for Beech, win number 501 against arch rival Nease was even better. As per any PVHS-Nease basketball game, the win didn't come easy. The Sharks trailed by five points with less than two minutes remaining in the contest before embarking on their closing rally.

Trailing 53-48 with 1:36 left in the contest, and the Panthers in possession of the ball, the Sharks fought back. Hensley drilled a two pointer to cut the Panther lead to three. After forcing a Panther turnover, Ponte Vedra's Pirris connected to trim the deficit to a single point.

Nease, however, was still in charge and attempted to run out the clock. Yet another Nease turnover gave the Sharks a chance

to take the lead with but 0:16 showing on the clock.

Pirris then took charge and began one of his patented drives to the basket. The veteran senior guard, after drawing a double team, dished a pass under the hoop to a cutting Chris Tomacewski.

The 'Panther Killer' Tomacewski made the reverse layup to give the Sharks the lead, and then made it a two-point margin when he made the free throw after being fouled. Nease was unable to answer and the Shark's stormed the court in celebrating the victory.

Pirris had a monster game for the victors. Pirris led Shark scorers with 20 points, but even more important than his scoring was his work elsewhere. Although listed as a point guard, Pirris led the team in rebounds with nine and in assists with eight.

Hensley continued his great play with 13 points, six of those coming in the clutch in the game's final quarter while Tomacewski came off the bench to score 12.

Tronti

Continued from 32

Ponte Vedra wide receivers coach Shane Bowers has a 9-year-old son who looks up to Tronti and others on the team. After one of the Sharks' games, Tronti learned that Bowers' son had a Junior Development League game the next day and told him he would go to the game to watch.

Bowers said Tronti followed through on his word.

"He didn't show up for just the first quarter," said Bowers. "He stayed for the entire game. You don't see his care for other people very often."

Avery has similar anecdotes about the

quarterback.

He said Tronti texted him when he got married to congratulate him and when his daughter was born to make sure everything was okay. Avery said Tronti just recently bought his daughter her first Christmas ornament.

"It's day in, day out, every second of the day," said Avery. "That's who Nick is. It's always about the little detail in other peoples' lives."

Tronti's older brother Zach said this is the person he's always known.

"He's always just been a special kid," he said. "He's somebody that takes an interest in people. Despite all of his success on the football field, I think nothing has really changed or fazed him. He hasn't

let that change who he is or what he's all about, and I really think that speaks to his character."

Mr. Football doesn't know any other

way.

"I always want to do the right thing," he said. "That's probably the most important thing to me."

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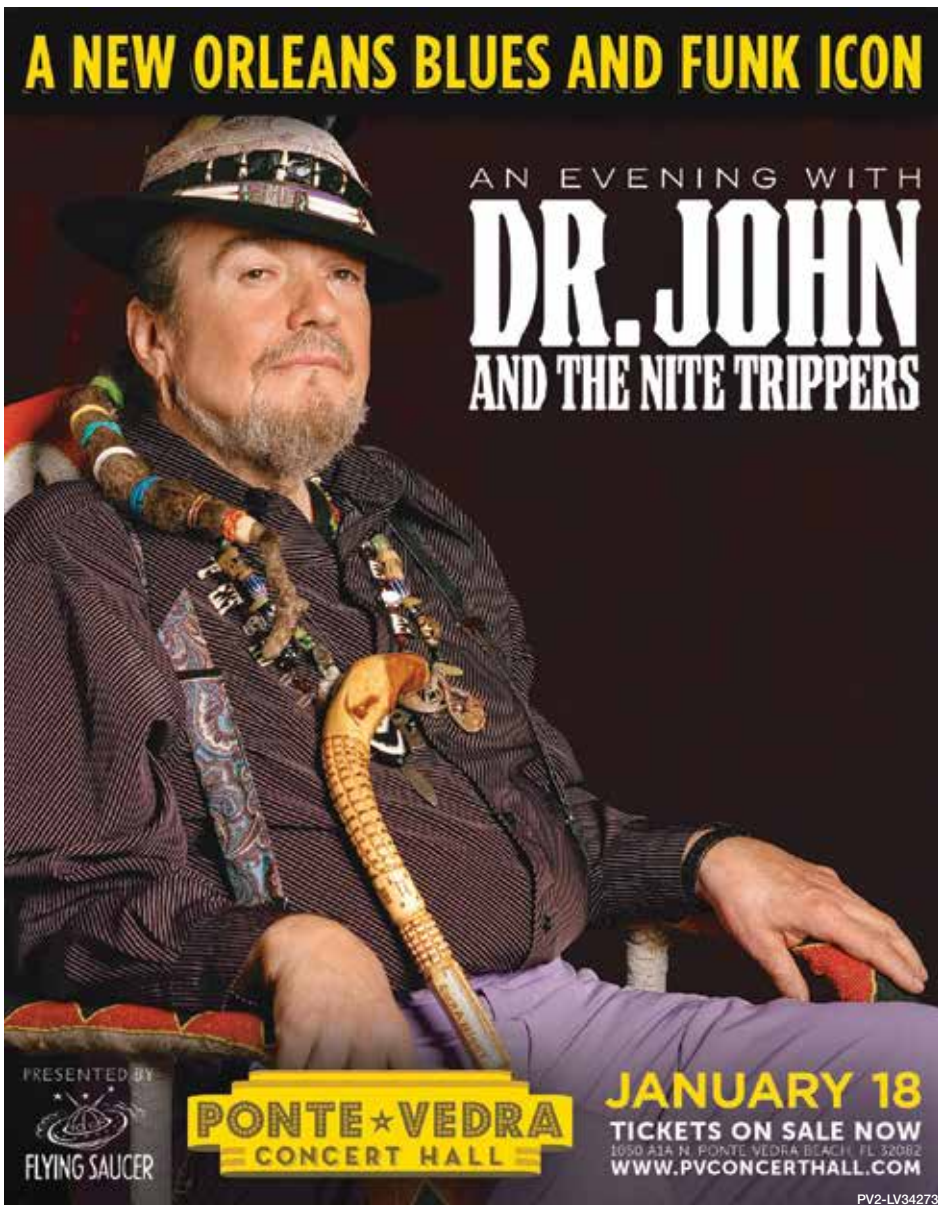
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Laura Baugh to headline annual JAGA/PGA Celebration of Golf banquet

Former LPGA star will speak Feb. 8th at Timuquana Country Club

Former U.S. Amateur champion and LPGA star/teaching pro Laura Baugh will be the main speaker at the fifth annual Celebration of Golf dinner at Timuquana Country Club Feb. 8.

The evening will begin with a reception at 6 p.m., with the program and dinner following from 7 p.m. to 9 p.m. Tickets are \$65 each, or \$520 for a table of eight. They may be purchased through the JAGA website at www.jaxareagolf.org.

The banquet, which sold out for the first time in 2016, is co-sponsored by the Jacksonville Area Golf Association (JAGA) and the Northern Chapter of the North Florida PGA.

Area golf awards will be presented, with benefactor John Hayt receiving the Deane Beman Award for contributions to area golf. Hayt donated the golf center at the University of North Florida and also sponsors the annual major college tournament at Sawgrass Country Club in February.



BAUGH

Banquet co-chairs are JAGA's Bob Streightiff of Queen's Harbour Yacht & Country Club and the PGA's Bruce Mohler of Ponte Vedra Inn and Club.

Born in Gainesville, Baugh grew up in Long Beach, California. At

16, she became the youngest winner ever when she won the 1971 U.S. Amateur at Atlanta Country Club – a distinction she held until 2006, when Kimberly Kim won at age 14. Named Golf Digest's Most Beautiful Golfer in 1972, she had a lengthy LPGA career in which she earned Rookie of the Year honors in 1973 and logged 71 top 10 finishes.

The six-time LPGA runner-up authored a book titled "Out of the Rough." She is now a teaching professional at Sawgrass Country Club in Ponte Vedra Beach after moving to Northeast Florida in 2015.



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Passport to THE PLAYERS
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Pages 31-32

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Lady sharks stumble as soccer playoffs approach

By Jerry Norton

Special to the Recorder

The Christmas break did not serve the Lady Sharks soccer team very well. Since the holidays, the Ponte Vedra girls lost two games – one to district foe Pedro Menendez and the second to non-district opponent Creekside. They now stand at 7-4-6 overall and 4-1-1 in their district.

It is unusual to see Coach Dave Silverberg's team lose two straight at any time, but to lose two straight and score just a single goal in the two games is practically unheard of. The 1-0 loss to Menendez had to be disappointing, not only because Menendez is the team to beat in District 3A-4 but also because the Sharks saw three of their best shots on goal bounce off the goal posts or the crossbar. After Ponte Vedra failed to convert those early opportunities, the visitors took advantage of a loose ball that glanced off the cross bar and fell in front of the Shark cage at the 28-minute mark.

The Sharks had several more opportunities in the second half – the best on a high shot



Tatum Taucher of the Sharks advances the ball against Pedro Menendez.

that the Pedro keeper leaped high to deflect over the top of the cage – but weren't able to finish a play.

Creekside came into the Shark Tank owning an earlier 2-0 win over Ponte Vedra and wasted little time proving that win was no fluke. The Knights scored four times in the opening 40 minutes, then cruised to a 6-1 decision. Ponte Vedra's lone goal came at the 21-minute mark of the second half, when Caroline Leshner converted a feed from Lyla Adamo.



Photos by Chris and Jerry Norton



ABOVE: Zie Frecks, Shark keeper, does a split in a valiant but unsuccessful effort to make a save on a Creekside shot
LEFT: Piper Dotsikas, #4 sends the ball up field against Creekside.

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- Not square
- Annoy a bedfellow
- Mountaineer's tool
- Anger
- Length of a forearm
- *Author of best-selling book series ever
- *"The Amazing Adventures of Kavalier & Clay" Pulitzer-winning author
- Mele Kalikimaka wreath
- ___-friendly
- Stout relative
- Small town or hamlet
- *Many of his novels were made into romantic drama movies
- Long John Silver's walk
- Designer Hugo
- A way to sell tickets
- "Ali ___ and the 40 Thieves"
- Community spirit
- Hip bones
- Euphoric way to walk
- Oscar De La ___
- Bad impression
- Bone filler
- Locker room supply
- "Get the picture?"
- Conclusion starter
- Sigma Alpha Epsilon
- *Speculative fiction Booker Prize winner
- *"One Hundred Years of Solitude" Nobel Prize-winning author
- One of "12 Angry Men," e.g.
- Placeholder surname
- Prevention measure?
- Black and white cookies
- Opposite of WSW
- Like a gymnast
- Gamecock's spur
- Expose to moisture
- Leopard marks

DOWN

- Gulf V.I.P.
- TV's "Fixer Upper" location
- All over again
- Completely
- What airplane did after landing
- Patriot, a.k.a. American ___
- "___" Jordan
- Four-eyes' gear
- Give the cold shoulder
- Great Depression drifter
- Sportscaster Andrews
- Group of something
- Escarpments, for short
- She was turned into Weeping Rock,
- Rotating parts
- One of the five W's
- Wassailing compositions
- Bovine milk dispenser
- Outfit
- Mystique
- Not kosher
- kennel sound
- Swim or track contest
- "Do ___ others as you would do..."
- Genuine
- Last letter, pl.
- Run for exercise
- *Ken Kesey's "___ Flew Over the Cuckoo's Nest"

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				4				8
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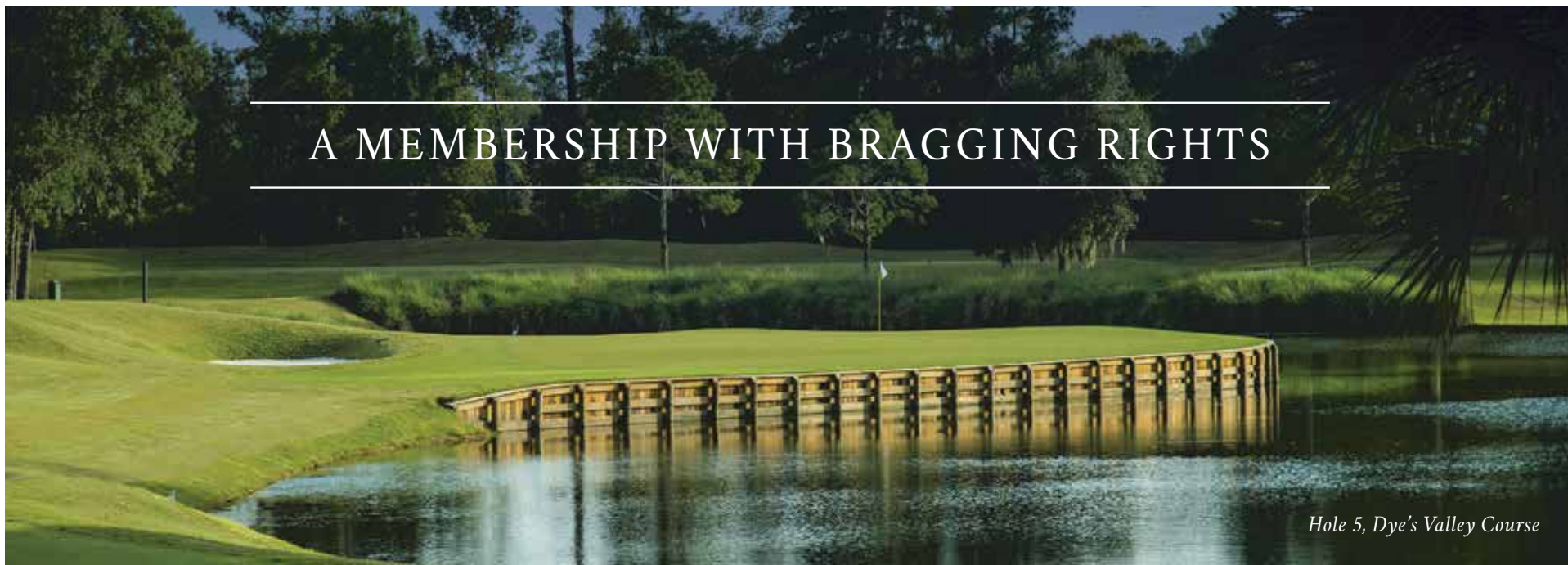
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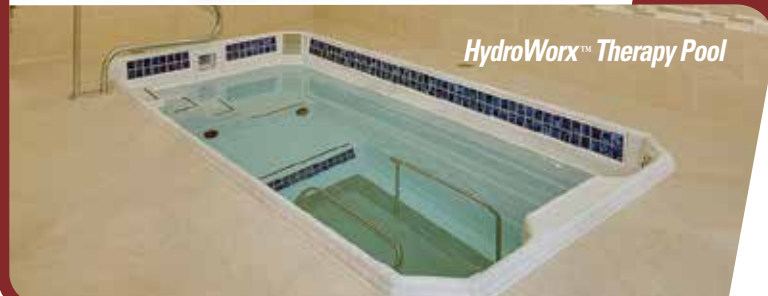
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