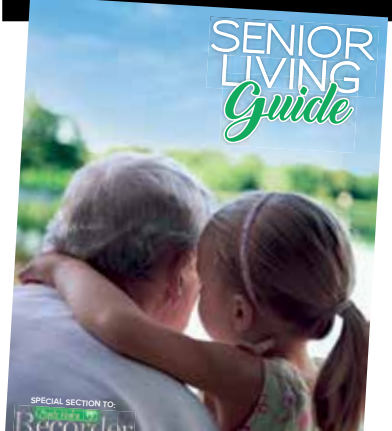


Recorder

September 1, 2016
Volume 46, No. 35
75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com



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Business Weekly
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Sports
Sharks rally to beat Nease
page 44



MARCO RUBIO



JOHN RUTHERFORD



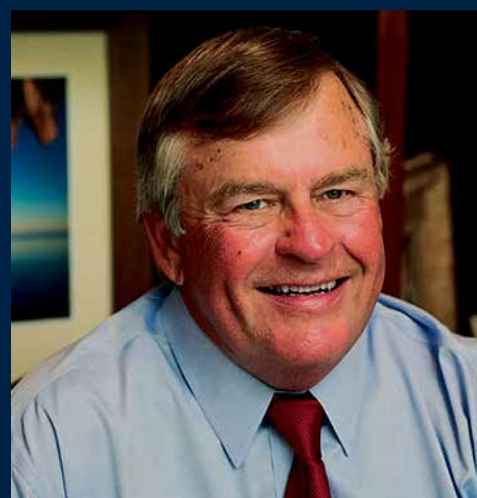
JIMMY JOHNS

2016 ELECTION WINNERS

U.S. Senator Marco Rubio, former Jacksonville Sheriff John Rutherford and St. Johns County Sheriff David Shoar all scored decisive victories in Tuesday's primary election. Read more on page 3.



HUNTER CONRAD

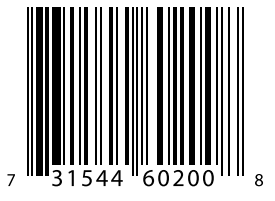


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Send us your news

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



Visit our new website at www.pontevedrarecorder.com

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 Tuesday 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.

Several readers correctly identified last week's photo as the Rolex sign at Underwood's Jewelers in Ponte Vedra Beach. The winner of the random drawing is **Tom Bailey** – congratulations, Tom! 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! I'm Bert, a 1-year-old female cat who is looking for a new home. I was brought to the pet center as a stray. As this animal was a stray there may be some traits that are unknown at this time. Come visit us today here at the pet center! #33165



DOG OF THE WEEK

Hi there! My name is Sutter and I'm a 1-year-old male hound who is looking for a new home. I was brought to the pet center as a stray.



I love to go outside and run around in the yard. Nothing makes my little tail wag like a chance to smell new things and explore new places. Come visit me today! #25412

Any pet being introduced to a new home will need time to adjust to a new environment. Please reinforce house training and behavioral training and be mindful of interacting with other pets. Come visit us today here at the pet center.

St. Johns County Pet Center

Cat adoptions 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., just 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

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

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

Solutions correspond to last week's puzzles.

SPOT SOME FUN

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Rubio, Rutherford, Shoar among big election winners

Recount to be held in District 3 County Commission match-up

By Jennifer Logue

U.S. Sen. Marco Rubio, former Jacksonville Sheriff John Rutherford and St. Johns County Sheriff David Shoar were among the big winners Tuesday night in the Aug. 30 primary election.

Rubio, who campaigned in St. Augustine and Jacksonville over the weekend, easily won the Republican primary for U.S. senator, receiving 1,029,000 votes or 72 percent of the Republican ballots. On the Demo-

cratic ballot, U.S. Rep. Patrick Murphy received 665,053 votes, or 59 percent of the Democratic votes. Joining Rubio and Murphy on the Nov. 8 final election ballot will be Libertarian Paul Stanton, who received 2,944 votes.

In the race to replace retiring U.S. Rep. Ander Crenshaw in the 4th Congressional District, Rutherford secured the Republican nomination, receiving 37,390 votes and 39 percent of the vote. State Rep. Lake Ray came in

second on the Republican side with 19,307 votes, followed by Hanz Tanzler (18,282) and County Commissioner Bill McClure (9,570). Rutherford will face Democrat David Bruderly and Gary Koniz (no party affiliation) in the final election.

David Shoar easily won re-election to his fourth term as St. Johns County sheriff, capturing nearly 86 percent of



Photo by Susan Griffin

Clerk of Court Hunter Conrad celebrates his election victory with his family.

ELECTION continues on **Page 4**

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Ponte Vedra Office
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Election

Continued from 3

the vote (23,731) against Debra Maynard (3,916).

“This was a clear indication to me that our citizens are pleased with the way in which we are addressing crime and public safety in our community,” Shoar said. “The truth is that in reality, the election was not a validation for me personally, but rather a validation for all the men and women who serve day in and day out at the St. Johns County Sheriff’s Office. Every week I receive feedback from numerous members of our community thanking our deputies and civilian staff for treating them with dignity and respect and for going the extra mile to help them.”

Hunter Conrad, meanwhile, won re-election to the office of Clerk of Court, winning 15,241 votes to George Lareau’s 10,275.

County Commission

In the race for Board of County Commissioners, District 1 Commissioner Jimmy Johns retained his commission seat, besting Al Abbatiello 63 to 37 percent, with Johns garnering 22,295 votes to Abbatiello’s 13,327. Henry Dean was the winner in District 5, receiving 13,750 votes against Dottie Acosta with 10,790.

Yet it was the District 3 race that proved to be the most competitive, with Paul Waldron winning the contest by just nine votes over Jerry Cameron, 12,468 to 12,459. According to the Supervisor of Elections office, a machine recount was scheduled to be conducted Sept. 1 at 1 p.m. to confirm which candidate will appear on the Nov. 8 ballot. Due to the entry of write-in candidates in both the District 3 and District 5 County Commission races, the primary winners of those contests will appear on the Nov. 8 final election ballot.



Sheriff David Shoar celebrates his primary night victory.

Photos by Susan Griffin

In the races for 7th Judicial Circuit, Stasia Warren (64,267) topped Sebrina Slack (52,361) in the Group 4 race, while Scott DuPont won re-election in Group 10, receiving 62 percent of the vote (86,053) against Malcolm Anthony (52,214).

The Group 13 race went to challenger Kathleen McNeilly, who bested incumbent David Hood 80,481 to 63,727, while incumbent Howard McGillin was the victor in the Group 17 contest, receiving 75,624 to Linda Gaustad’s 63,853.

Ponte Vedra MSD

For the first time in 16 years, residents of the Ponte Vedra Municipal

Service District (MSD) had an opportunity to vote for trustees. In the race for Seat 2, Catherine “Kitty” Switkes received 65 percent of the vote (484) against Dominic Sanfilippo (258). Seat 4 went to John Cellucci, who garnered 72 percent of the vote (514) against John “Jake” O’Keefe (204), while Brad Wester topped incumbent Adam Hammer to win Seat 6, capturing 72 percent of the ballots case with 534 votes to Hammer’s 203.

In other election contests, U.S. Rep. Ron DeSantis won the Republican contest to reclaim his seat with 38,286 votes, while Democrat Bill McCullough topped the Democratic ticket in that race with 15,095.

Ponte Vedra county annex now accepting traffic citation payments

St. Johns County residents are now able to pay county traffic citations at the Ponte Vedra county annex instead of driving to the Judicial Center in St. Augustine.

Through a new partnership between the St. Johns County Tax Collector and the office of the Clerk & Comptroller, traffic citations are being accepted at the county annexes in Juleton Creek and Ponte Vedra.

The service is available in Ponte Vedra in the next few weeks, and will be available to anyone with a St. Johns County traffic citation, regardless of the person’s county of residence.

“This is a true breakthrough in responsive local government,” St. Johns County Tax Collector Dennis W. Hollingsworth said.

Clerk & Comptroller Hunter Conrad added, “The idea behind this partnership has always been to expand our collective services to the people of St. Johns County in a long-term sustainable manner. After months of planning and preparation, it is exciting to finally be able to provide these services to this community.”

Both Hollingsworth and Conrad stressed, however, that the new venture will not require Tax Collector staff to conduct Clerk of Court services. Rather, Tax Collector staff will provide assistance to customers, who will pay citations online at an SJCOG terminal.

Tax Collector staff will not accept payments or provide documentation.

Payment must be by debit or credit card, and a 3.5 percent convenience fee will be charged at the online payment site.

“The real benefit will be realized by those customers with suspended driver licenses who visit our office,” Hollingsworth said.

“Instead of having customers leave the building, knowingly driving on a suspended license, they can clear their Clerk of Court obligations in our office, (and) our staff will quickly receive electronic confirmation and resolve driver’s license issues in one stop.”

COUNTY ELECTION RESULTS

SHERIFF	GROUP 10
Shoar 23,731	DuPont 86,053
Maynard 3,916	Anthony 52,214
CLERK OF COURT	GROUP 13
Conrad 15,241	McNeilly 80,481
Lareau 10,275	Hood 63,727
COUNTY COMMISSION DISTRICT 1	GROUP 17
Johns 22,295	McGillin 75,624
Abbatiello 13,327	Gaustad 63,853
DISTRICT 3	PONTE VEDRA MSD SEAT 2
Waldron 12,468	Switkes 484
Cameron 12,459	Sanfilippo 258
DISTRICT 5	SEAT 4
Dean 13,750	Cellucci 514
Acosta 10,790	O’Keefe 204
CIRCUIT JUDGE GROUP 4	SEAT 6
Warren 64,267	Wester 534
Slack 52,361	Hammer 203

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Vilano Beach closed to vehicles

St. Johns County has temporarily closed Vilano Beach to vehicular access due to increased erosion and the pending weather conditions.

County officials said that due to the possibility of severe storms – combined with increased erosion, a rising surf and unusually high tides – the beach will be closed to vehicles for the immediate future.

Vilano Beach remains open to pedestrian traffic, while Porpoise Point Beach remains accessible to both pedestrians and vehicles.

Waypoint Church opens in Nocatee

Hundreds of local residents turned out Sunday for the inaugural worship service at Waypoint Church. Pastor Jim Huster welcomed worshippers to the 10:30 a.m. worship service at the new church located at 225 Gospel Drive in Nocatee's Greenleaf neighborhood. Waypoint Church is the second congregation of Ponte Vedra Presbyterian Church. Pictured: Pastor Jim Huster welcomes Sheryl and Paul Rogerson of Palencia to the inaugural worship service.



Photos by Jennifer Logue

Mattress Sale!

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Riverwood Women's Club to host luncheon fashion show

The Riverwood Women's Club at Del Webb Ponte Vedra will host a fashion show and luncheon to benefit several charities Saturday, Sept. 24 at 11 a.m. at the Anastasia Clubhouse, 1775 River Run Blvd. in Ponte Vedra.

The plated luncheon and fashion show will feature a choice of three entrees by Davoli's catering, and men's and women's fashions by Stein Mart.

More than \$6,000 worth of prizes have been donated by local businesses and individuals, including jewelry from Underwood Jewelers, the opportunity to play golf and have lunch at Sawgrass Country Club or dine at TPC Clubhouse. Charities benefiting from the event in-

clude Mission House, St. Francis House, St. Gerard Campus and Florida School for the Deaf and Blind.

Tickets are \$30; a portion of each ticket sold will be added to the funds that will be distributed to the charities. Table reservations for eight to 10 people are also available. Ticket purchases and meal choices must be made by Sept. 18.

For more information or to purchase tickets, contact Linda Kracker (904) 547-2012 or visit krackers606@gmail.com.

The event is sponsored by St. Johns Eye Associates, ReMax Unlimited, Watson Realty, Menton and Ballou Group, and Mark and Molly Sowcik.

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As vice president and managing broker of Ponte Vedra Club Realty, Gate Realty and Stockton Real Estate, Len Knight has his finger on the pulse of the local real estate market.

Len Knight

By Jennifer Logue

How did you begin your career in real estate?

I started my real estate career in 1979, at the age of 18, booking weekly summer rentals and selling summer vacation homes and investment properties on Long Beach Island, N.J. Even though our summer season was only 10 weeks long, we toured potential renters through properties year-round.

I remember many times driving through unplowed snow, down side streets, to reach winterized, ice-cold beach houses, and then proceed to show a family their summer vacation spot.

My career started taking off in 1984 when I obtained my broker's license; the following year, I was appointed vice president of Hill Associates, which became an affiliate of Sotheby's International Realty.

What brought you to Ponte Vedra?

Family, the desire for a better lifestyle and all the recreational choices available here brought us to Ponte Vedra. Having three boys, two of whom were toddlers, the thought of another freezing-cold winter spent inside didn't match up to the thought of living in Florida and enjoying the outdoors year-round.

We joined The Ponte Vedra Inn & Club in 1994, put plans into motion, and made the move. I remember getting the news that Jacksonville was becoming the newest member of the NFL community while we were still in New Jersey and I took that as the first signal that moving to Ponte Vedra was the right choice.

How has the area changed since you first moved here?

I wouldn't say it has changed, I would say, "improved" is a better description. There have been increases from just one elementary school, middle school and high school, with more currently being built.

Most of the clubs in Ponte Vedra have had significant upgrades recently and everywhere you look in Ponte Vedra there are new and improved amenities.

The most obvious changes are the major improvements to our highways. JTB used to dead-end into A1A, where the Target shopping center later sprung up, and the extended trip to JAX airport was nothing like it is today. I remember driving here from the airport back then thinking, "Where is everybody?" as there were hardly any cars on JTB.

Has the local real estate landscape changed?

Back then, there were model homes all over and so many vacant lot opportunities, with new-home construction dominating the sales market. Every agent carried a digital pager and on every buyer's wish list was more square footage and a three-car garage.

Today, there are very few remaining lots and we are seeing an increase in sales where buyers do a



total renovation or raze the existing structure and start new.

What are First Coast home buyers currently looking for in a home?

Today, many buyers have switched from "more square footage" to looking for just the right amount; seeking a modest square footage, but not conceding anything in quality and amenities.

The coastal look with very open floor plans and an abundance of natural light are high on the list.

Also popular are soft, light colors on the walls with light planks of wood on the floors, often a weathered-gray shade, and oversized center islands in the kitchen, with casual seating that facilitates entertaining in the kitchen area.

There has been an increased emphasis on outdoor kitchens and outdoor living overall.

What do you enjoy most about living on the First Coast?

The top two on my list are 1) the winters! I love enjoying the many days of near-perfect weather and then watching the news and seeing all the snow falling in other places. When you can walk along the ocean barefoot on New Year's Day, you can't help but smile about it. 2) The people! One of the very first things I noticed when we moved here is how friendly everyone is. Even in our very competitive business, I frequently enjoy good times with other companies' agents and, as a community, the Ponte Vedra area real estate agents are a fantastic bunch.

A sample of our listings



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1299 PONTE VEDRA BLVD.
\$5,750,000

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241 N ROSCOE BLVD.
\$3,295,000 - with dock

104 ANNAPOLIS LANE
\$2,450,000

REDUCED
24571 HARBOUR VIEW DR.
\$2,400,000

MARINA SAN PABLO #901
\$1,997,000 - Penthouse

REDUCED
156 COACH LAMP WAY
\$1,600,000/For Rent \$6,900

REDUCED
169 LAMPLIGHTER LANE
\$1,495,000

377 ROYAL TERN RD. S.
\$1,428,000

349 1ST STREET, JAX BEACH
\$1,399,000

117 TEAL PONTE LANE
\$1,100,000

New Listing
132 CLEARLAKE DR.
\$1,025,000

MARINA SAN PABLO #401
\$995,000/For Rent \$4,400

24412 HARBOUR VIEW DR.
\$949,000

New Listing
MARINA SAN PABLO #201
\$949,000

145 KINGFISHER DR.
\$699,000 - Marsh Landing Lot

108 PALM FOREST PLACE
\$699,000 - Marsh Landing Lot

New Listing
210 DEER COLONY LOT #4
\$695,000 - Marsh Landing Lot

REDUCED
4326 BLUE HERON DR.
\$624,900 - Sawgrass

REDUCED
153 INDIAN COVE LANE
\$593,500

REDUCED
204 GREENCREST DR.
\$566,500

REDUCED
268 WATERS EDGE DR. S.
\$560,000

MARINA SAN PABLO #602
\$495,000

New Listing
450 ROYAL TERN RD-S LOT #24
\$478,500 - Marsh Landing Lot

144 SEASIDE CIRCLE
\$399,000 - Seaside at Ponte Vedra

REDUCED
MARINA SAN PABLO #205
\$389,000

Pending
300 RYDER CUP CIR. #208
\$179,000 - World Golf Village

New Listing
MARINA SAN PABLO #306
For Rent \$3,900

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\$833,000



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216 SOUTH ROSCOE
\$695,900

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Under Contract
8143 WEKIVA WAY
\$649,900 - Jacksonville

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Under Contract
4819 POND BROOK DR.
\$344,000 - Jacksonville

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REDUCED
4964 PHILROSE RD.
\$217,000 - Jacksonville

REDUCED
2615 S. PONTE VEDRA BLVD.
\$1,695,000

REDUCED
3141 S. PONTE VEDRA BLVD.
\$1,625,000

2677 S. PONTE VEDRA BLVD.
\$1,390,000

SOLD
2885 S. PONTE VEDRA BLVD.
\$1,295,000

Pending
2943 S. PONTE VEDRA BLVD.
\$1,295,000

2921 S. PONTE VEDRA BLVD.
\$1,295,000

REDUCED
3115 S. PONTE VEDRA BLVD.
\$995,000

SOLD
3099 S. PONTE VEDRA BLVD.
\$949,000

2503 S. PONTE VEDRA BLVD.
\$829,000

5346 COMMISSIONERS DR.
\$419,000



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All properties listed are in Ponte Vedra unless otherwise noted

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325 S. OCEAN GRANDE #102
\$399,000

34 FAWN GULLY LANE
\$288,000 - 55 & Over Community

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Gift from Bolles PVB teacher inspires \$1 million donation

By Carrie Resch

A generous gift by a Bolles kindergarten teacher has inspired a \$1 million donation that will help build a gym for the school's Ponte Vedra campus.

It all started when Cathy Stupski, a kindergarten teacher at the Bolles Lower School Ponte Vedra Beach Campus, was inspired to donate \$500,000 to build the campus's first gym in honor of her late husband, who died suddenly last year.

At first, Stupski considered donating a bench to her late husband and youngest son's alma mater, Florida State University, but ultimately decided against it because she wouldn't be able to see it every day. She also had concerns about what would happen to the bench if the school ever decided to get rid of it.

Then while staring out her classroom window one day, the idea struck her: a gym. She remembered how her two children, both Bolles graduates, had enjoyed using the gym at the Bolles Lower School Whitehurst Campus for school events.

"At Whitehurst, we used to have sock hops in the gym; when it was raining, we had the gym," Stupski said. "I said well, what about a gym out here? Because we're really lacking one – at least I feel we are, because my children had such great memories of pep rallies and sock hops."

A gym, Stupski said, is also a fitting tribute to her husband, who enjoyed working out at Epping Forest Yacht & Country Club's fitness center at least five days a week after work. He was also a former basketball coach.

"Karl really loved the gym," Stupski said. "He believed in keeping fit and having fun."

\$1 million gift

Touched by Stupski's generous donation, a Bolles

family committed \$1 million to assist in funding the project. Collectively, the contribution marks the largest gift The Bolles School has received for a capital improvement project on the Lower School Ponte Vedra Campus in recent years.

Faculty and staff were able to share in the celebration when the \$1 million commitment was announced during the campus' first meeting of the year. Immediately before the meeting began, Stupski said, she was handed a note from the donors stating that her contribution was what inspired them to come forward.

Balloons and streamers adorned the meeting room and Bolles employees were treated to a sneak peek of the new campus addition with a video and artist renderings of the gym.

"It was very exciting!" said Stupski, adding that it ended their first meeting on a positive note. She was glad the entire faculty and staff were there to get the news.

Construction of the 10,800 square foot multipurpose gym is expected to begin once all funding is secure. Preliminary plans include a facility close to the school's existing athletic fields with a basketball court, bleachers, restrooms and a stage for school performances. The new stage will allow for bigger productions and more room for attendees to sit. In addition, the multipurpose gym will allow for an indoor place for kids to play when it rains.

The building will be one of the largest on the campus, which opened as Bolles' second Northeast Florida lower school facility in 1999.

The Ponte Vedra Beach multipurpose gym is the latest in several facilities projects ongoing at all four Bolles campuses. A four-classroom science and technology building is nearly complete on the Bolles



Photo by Carrie Resch

Bolles Lower School Ponte Vedra Kindergarten Teacher Cathy Stupski displays a plaque given to her by her late husband's employer.

Middle School Bartram Campus thanks to a \$1 million gift from another anonymous donor. Three new playgrounds have been installed on the Lower School Whitehurst Campus and a new girls' pool locker room is under construction on the Upper School San Jose Campus.

This will be Stupski's 11th year teaching at Bolles, and she will be able to observe the gym every day from her classroom window.

"Bolles is a unique community; my children are what they are because of Bolles," Stupski said. "(The school) was so good to my family, I had to give it back."

Artist renderings courtesy of The Bolles School





Photos by Jennifer Logue

Beaches Museum & History Park Executive Director Christine Hoffman



Casa Marina Maitre d' Sterling Joyce leads guests on a tour of the historic hotel

Beaches Museum hosts 'History Happy Hour' at the Casa Marina

By Jennifer Logue

Scores of young professionals had a chance to learn the history behind one of Jacksonville Beach's local landmarks last week, when the Beaches Museum hosted a "History Happy Hour" at the Casa Marina Hotel.

Held Aug. 25 as part of the museum's "Beach Cruisers" Young Professionals group, the event was true to its name, combining equal parts history and happy hour, as guests enjoyed a brief historical presentation and guided tour of the historic hotel followed by refreshments in the rooftop bar.

Beaches Museum Executive Director Christine Hoffman kicked off the after-work event with a historical slide show recounting the 19th century birth of tourism at Jacksonville Beach, then known as Pablo Beach. Henry Flagler's development of the railroad played a part in bringing northerners to Florida. "The Yankees realized Jacksonville wasn't as hot as other parts of Florida," Hoffman quipped.

Unfortunately, she noted, many of the grand oceanfront resorts of the late 19th and early 20th centuries burned to the ground after only a few short years.

In 1925, however, the Casa Marina held its grand opening.

"The Casa Marina opened the same day that Pablo Beach was renamed Jacksonville Beach," Hoffman noted.

But unlike its predecessors, the Casa Marina was made of stucco and featured an automatic sprinkler system, preventing it from suffering the same fate as the area's other oceanfront resorts.

Following Hoffman's presentation, longtime Casa Marina Maitre d' Sterling Joyce offered guests a tour of the historic hotel, tracing its early days as a Jazz Age hotspot frequented by silent movie stars through the 1930s, when gangsters Al Capone and Machine Gun Kelly were rumored to have been among its guests.

Pointing to a vintage 1940s postcard showing hotel guests splashing in the



Ryan Noles, Heath Hodges and Billy Florenz

surf, Joyce asked, "What's missing?" "Men!" someone shouted.

"That's right!" Joyce replied. "During World War II, the Army took over the hotel for housing."

The war also took all the men. "The women took over the whole beach!" Joyce said.

The boardwalk atmosphere of Jacksonville Beach began to change after 1964, Joyce noted, when Hurricane Dora hit Jacksonville, demolishing the landmark Ferris wheel and other beachfront amusements were replaced by condos. But still, the Casa Marina endured.

"During hurricane season, the safest place at the beach is right here," Joyce said. "This gal has been through it all!"

After tours of some of the hotel's remaining 23 guest rooms – there were originally more than 60 – Joyce led tour members up to the rooftop bar, where guests enjoyed food, drinks and live entertainment.

While many of those present were already members of the Beach Cruisers Young Professionals group, others like Heath Hodges learned of the event on social media.

"I'm not a member yet, but I'm joining after tonight," Hodges said. "I'm trying to get more involved in Jacksonville Beach."

Amy O'Grady, who attended the

Feeding Northeast Florida helping to raise hunger awareness

Regional food bank Feeding Northeast Florida (FNEFL) is joining with food banks across the nation to raise awareness of hunger by designating the month of September as Hunger Action Month.

As part of that initiative, FNEFL is encouraging local residents to participate in Hunger Action Day on Sept. 8 by donating the average cost of one meal to the food bank.

Donations may be made online at www.feedingnefl.org. One in six people face hunger in Northeast Florida's eight counties. Approximately 280,000 people in the food bank's service area experience food insecurity.

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Grace Sak, Lindsay Brenner and Shara Langston

event with her husband, Patrick, said she was intrigued by the opportunity to learn more about a local landmark.

"I like it when you have a chance to learn more about a place you've seen and been to for years," she said.

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PVHS band debuts new director, uniforms and program at football season opener

The Ponte Vedra High School Ocean of Sound Marching Band kicked off the 2016 football season with a new director, a new music program and new shark-blue uniforms at Nease High School last week.

Director Jermaine Reynolds is new to PVHS, taking the reins from Jakob Wisdom. Reynolds previously served as band director at Citrus High and Newberry High. He was recently awarded the Tom Bishop Award at the Florida Music Educators Association Conference, given to school band directors who have made a positive difference in a relatively short period of time.

“I’m so excited to be at PVHS,” Reynolds said. “They are a talented group and have taken to the new music program quickly. Band camp went really well and the kids are ready for the season. It will be so great to support PVHS, and the entire community can feel a sense of pride in the band.”

Currently, Reynolds has nearly 100 members under his direction – the largest band ever at the school. In addition, Reynolds has implemented a new music program known as “IDENTITY.”

“It’s all about our new identity,” Reynolds said. “The band’s first song, Code Name Vivaldi, will focus on finding out who we are. The second selection, Nemo’s Egg, will explain how we are finding ourselves and what our identity means. The last song, Da Vinci’s Dream Movement – The Ornithopter, reveals who we are and our purpose.”

An Ornithopter, Reynolds explained, is a winged flying machine, similar to birds taking flight.

There also will be a percussion feature rounding out the program. Drum Majors Anna Sinder and Emma Sims are leading the band in their practices

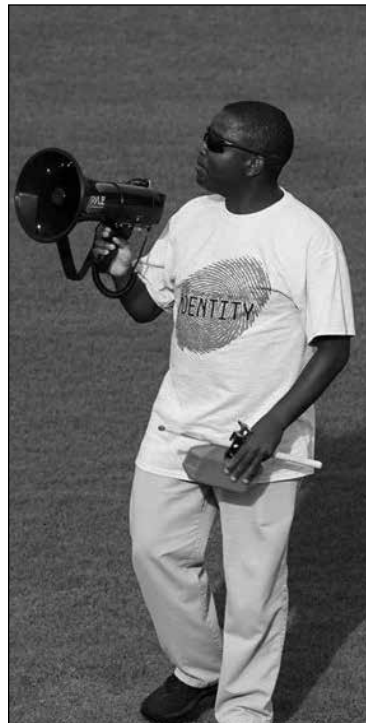


Photo by Carole Rickman

Band Director Jermaine Reynolds



Photo by Robert Leverock

The PVHS band debuts its new uniforms.

and performances.

In addition, the PVHS Band is looking ahead to the FMBC States Competition in Tampa in November.

“This is the first time PVHS Ocean of Sound Marching Band will be participating in a statewide competition,” Reynolds said. “For the kids, this is an incredible opportunity.”

To help pay for the trip, band members will be selling PV Sharks Fan Flips, or flip flops, at various school events. Ducky Derby tickets will also be available at Publix.

The new uniforms, meanwhile, will enable the band to perform “with its best foot forward,” Reynold said.

Duke and Sherry Horner – the family behind the new uniform effort – will be honored at the football home opener versus Palatka High School on Friday, Sept. 2.

Shark bite reported in Ponte Vedra near Sawgrass Beach Club

A Vermont resident was taken to Baptist Beaches Hospital last Thursday with a reported shark bite received while wading in the water in Ponte Vedra Beach.

According to the St. Johns County Sheriff’s Office report, David Cassetty was walking in knee-deep water near

the Sawgrass Beach Club at 3:30 p.m. Aug. 25 when he felt something bite his left ankle. He reportedly looked down to see a shark biting his leg, at which time bystanders helped him out of the water and called 911.

Cassetty was treated at the hospital for a four-inch bite to the leg.

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Courtesy of the St. Augustine Humane Society

St. Augustine Humane Society staff aid Wavey the cat: from left, veterinary technicians Emily Billingsley, Jackie Henninger and Michele Staten; veterinarian Dr. Lauren Rockey; recovery technician Alice Greenspan; and veterinary technician Susan Fichte.

St. Augustine Humane Society to offer free spay and neuter services

The St. Augustine Humane Society will be offering free spay and neuter surgeries for dogs starting Thursday, Sept. 1 through the recently awarded \$25,000 grant from Florida Animal Friend Inc.

To qualify for the reduced fee or potentially free services, dog owners must meet specific income guidelines. The program is open to all cats, however, regardless of the pet owner's financial circumstances.

According to Carolyn Smith, St. Augustine Humane Society's executive director, the assistance program is designed to reduce the number of unwanted pets by controlling overpopulation, help people keep their pets in the family, and help feed and care for family pets.

"One of our key missions is to decrease the need to surrender pets to shelters and strengthen the animal-human bond," Smith said. "This grant further promotes our role in the St. Johns County area."

In addition, the nonprofit has started its own "Spay it Forward" campaign which asks clients to contribute to a fund that pays for those who cannot afford spay and neuter services for their pets through the new grant and other programs.

Florida Animal Friend is a non-profit organization devoted to helping fund other nonprofits' costs of spaying and neutering homeless pets by awarding grants. The grants are funded through the sale of the Florida Animal Friend license plates and the State of Florida Department of Motor Vehicles to help prevent the overpopulation of pets and ensuring that all animals can have a safe, happy and loving home.

The St. Augustine Humane Society's spay, neuter and surgery clinic is open every Tuesday from 8 a.m. to 4 p.m. The wellness clinic is open every Wednesday and Thursday from 9 a.m. to 4 p.m. Pet owners must pre-register for spay and neuter surgery. For more information and program criteria, visit <http://staughumane.org/aboutsahs/lowincomeassistance.html>. Applications must be made in person at the Humane Society, located at 1665 Moultrie Road in St. Augustine.

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PVHS student wins award at annual Research Science Institute

Adam Snowden of Ponte Vedra High School was among the top award-winners at the 33rd annual Research Science Institute (RSI) held at the Massachusetts Institute of Technology (MIT) June 25-Aug. 5.

Snowden was one of the oral presentation winners for his research conducted at the institute, a six-week intensive internationally recognized program, held in collaboration with MIT each summer for high school academic achievers in the fields of science, technology, engineering, and mathematics (STEM).

RSI scholars participate in college-level research in pure and applied mathematics, physical and biological sciences, economics, engineering, and computer science, under the mentorship of leading scientist and researchers in the Boston area. RSI consists of one week of theoretical classroom work, followed by four-and-a-half weeks of research in the students' respective areas of interest. It provides students with the opportunity to conduct original, cutting edge research in state-of-the-art university laboratories, hospitals and corporate research facilities.

In the final week, students demonstrate their work through written academic papers and present oral findings to their peers and a panel of judges, of which the top five written and oral presentations are selected for the prestigious commendations.

Snowden was chosen among the field of 82 participants.

"Many of these scholars are our future creators, inventors, scientists and leaders of the 21st century, and this research represents a high level of academic acumen," Center for Excellence in Education President Joann P. DiGennaro said. "Students have the opportunity to experience graduate-level research and camaraderie with other academically talented STEM scholars."

The Plantation at Ponte Vedra Beach to host fall community open house

The Plantation at Ponte Vedra Beach will open its gates to the general public from 1 to 5 p.m. Sunday, Sept. 18 for its Fall Community Open House.

Participating in the event will be a variety of homes ranging in price from \$485,000 to \$1,950,000.

Visitors are invited to check in at The Plantation House clubhouse for home listings, maps, refreshments and amenity tours. In addition to touring the participating homes, guests may also view The Plantation's new golf course – part of the community's yearlong, \$7

million facilities improvement plan that also included updating the Beach Club and a new amenities park. Rob Schlingmann, general manager and COO of The Plantation, said the golf course will reopen for member use in October.

"The golf course will be fully grown in and absolutely beautiful," he said. "We encourage those interested to stop by and see the course."

Other Plantation amenities include a tennis facility, fitness center and a clubhouse with dining and social activities for all ages.

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Temple Bet Yam to hold membership fair

Temple Bet Yam of St. Augustine will hold a membership fair and open house for new and prospective members Sunday, Sept. 11.

Founded in 1993 by 14 families, the Reform congregation led by Rabbi Fred Raskind is now home to 115 families of traditional and interfaith backgrounds from St. Johns and surrounding counties. Services are held twice a month, with additional holiday observances and special events.

TBY also has a religious school directed by Heather Naughton and a variety of groups and activities such as Men's Club, Sisterhood Social Justice, Life-Long Learning, choir and social events.

The membership fair/open house will take place from 2 to 4 p.m. Wine and cheese will be served. Temple Bet Yam is located at 2055 Wildwood Drive in St. Augustine. For more information, call (904) 819-1875 or visit temple-betyam.org.

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Photo courtesy of The St. Augustine Lighthouse & Maritime Museum

St. Augustine Lighthouse & Maritime Museum officials break ground on the Maritime & Archeology Education center Aug. 16.

Lighthouse breaks ground on Maritime Archaeology & Education Center

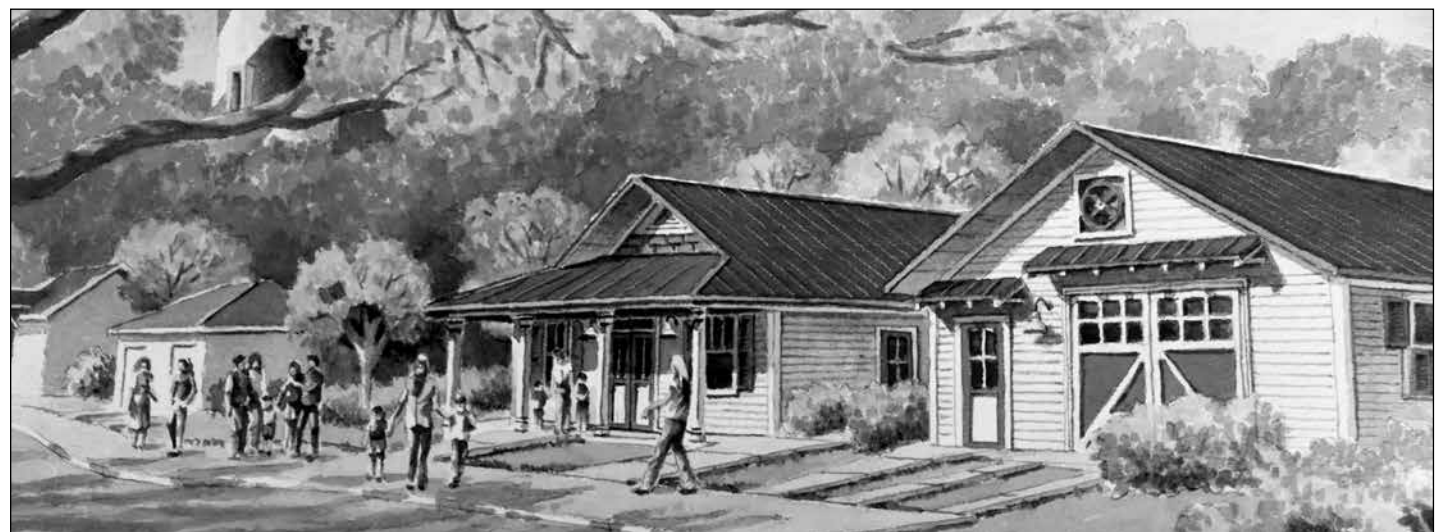
The St. Augustine Lighthouse & Maritime Museum recently broke ground on a new Maritime & Archaeology Education Center, a state-of-the-art facility that will include an artifact conservation lab, a public exhibit and education space, and offices for the museum's archaeology program.

The new building will allow the museum's Lighthouse Archaeological Maritime Program (LAMP) to move out of a World War II-era U.S. Coast Guard barracks at the light station so that the 1940s structure can be restored and turned into exhibit space.

"This new building is going to be an excellent asset not just for our museum, but for the community as a whole," Executive Director Kathy A. Fleming said. "The handicap accessible education space and room for archaeological research will help us continue to discover St. Augustine's maritime past and share it with future generations through new exhibits and educational programs."

The groundbreaking ceremony, which took place Aug. 16., was attended by St. Augustine Mayor Nancy Shaver, State Rep. Cyndi Stevenson, representatives from the office of Sen. Marco Rubio, and building architect Steven Schuyler. In addition to Fleming, Board of Trustees Vice Chairman Capt. Bob Buehn spoke to the assembled crowd about the decade of planning that has gone into the new 2,500 square foot facility.

Funds for the project were raised through the nonprofit museum's most recent capital campaign as well as from the State of Florida, which provided a



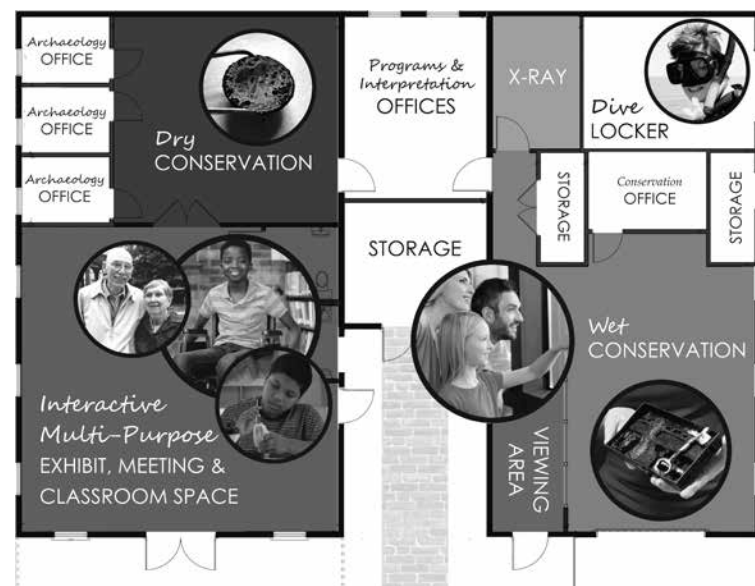
Building rendering by Clyde Brady

\$150,000 cultural facilities grant to use toward the building.

To date, the museum's capital campaign has raised more than \$2.4 million for restoration, programs and exhibits, of which approximately \$863,260 is earmarked specifically for the new building. This includes provisions for an X-ray room, where archaeologists can see inside concreted shipwreck artifacts to determine the best course of conservation and space for restoring these artifacts.

A number of private donors contributed to the research center as well, including The Lastinger Family Foundation, Gasper and Irene Lazzara, Jerry and Janet Carlisle, LTC Lee McConkey, The PGA Tour, Inc., Trustee Emeritus Judy Burnett Albright, Charles Cox, and Wright Timothy Jackson. The museum still needs approximately \$130,000 to complete the campaign.

The state-of-the-art facility will include an artifact conservation lab, a public exhibit and education space, and offices for the museum's archaeology program.



In addition to housing the Lighthouse Archeological Maritime Program (LAMP), the facility will provide an indoor area for the museum's educational programs.

Photo courtesy of The St. Augustine Lighthouse & Maritime Museum



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<p>'Songs of Color' Exhibition Preview Cutter & Cutter Fine Art Ponte Vedra Beach will host an artist's meet & greet Thursday, Sept. 1 from 4 to 8 p.m. for the gallery's new "Songs of Color" exhibition featuring the work of artist Simon Bull. Cutter & Cutter is located in the Sawgrass Village shopping center at 333 Village Main St., #640. For more information, call (904) 810-0460 or (904) 395-3759.</p> <p>Earth, Sea & Sky Exhibition From Sept. 1 through October 2016, view multi-media artist Joyce Gabiou's works at the Earth, Sea & Sky exhibition at First Street Gallery, 216-b First St., Neptune Beach. The opening reception will take place Friday, Sept. 2 from 7 to 9 p.m. For more information, call (904) 241-6928 or visit www.firststreetgallery-art.com.</p> <p>Concert in the Plaza Postponed Due to the threat of storms, the final concert in the 2016 Concerts in the Plaza summer music series scheduled for Sept. 1 has been postponed. The performance by Lonesome Bert & The Skinny Lizards will be rescheduled for a later date. For more information, call (904) 825-1004 during weekday office hours or visit www.concertsintheplaza.com.</p> <p>Life Enrichment Group The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m. to 2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email life_enrichmentgroup@yahoo.com.</p> <p>'Smokey Joe's Café' Alhambra Theatre & Dining presents "Smokey Joe's Café" now through Sept. 4. The theatre is located at 12000 Beach Blvd., Jacksonville. For tickets, call (904) 641-1212 or visit www.alhambrajax.com.</p>	<p>Tony White Concert Tony White with special guest Mere Woodard will perform live Sept. 2 at the Ponte Vedra Concert Hall, 1050 A1A N. Doors open at 7 p.m.; show starts at 8 p.m. Tickets are \$43.50 for the first six rows; \$38.50 for all remaining rows. Tickets are available at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre box offices, ticketmaster.com and all Ticketmaster outlets or by phone at (800) 745-3000.</p> <p>Cutter & Cutter Soft Opening Cutter & Cutter Fine Art Galleries, with locations in St. Augustine and now Ponte Vedra Beach, will hold a soft opening celebration of its new Ponte Vedra Beach Gallery Friday, Sept. 2 and Saturday, Sept. 3 from 6 to 10 p.m. For more information and to RSVP for the opening, call (904) 810-0460 or (904) 395-3759 or visit www.cutterandcutter.com.</p> <p>Sound: An Exhibition of Sound Art Sound: An Exhibition of Sound Art featuring 17 artists will be on display at the Crisp-Ellert Art Museum Sept. 2-Nov. 22. An exhibition walkthrough with curators Michael Dickens and Barry Jones will take place Sept. 2 at 4 p.m., followed by the opening reception from 5 to 9 p.m. The museum is located at 48 Sevilla St., St. Augustine. For more information, call (904) 826-8530.</p> <p>First Friday Cosmic Concerts Experience total-sensory entertainment as laser lights, high-definition images and digital sound collide to create a cosmic concert! The Bryan-Gooding Planetarium rocks with Cosmic Concert laser light shows at 5, 6, 7 and 8 p.m. Tickets are available at www.moshplanetarium.org or at the door. Tickets are \$5 per person per show; laser glasses cost \$1.</p> <p>First Friday Art Walk The First Friday Art Walk takes place on the first Friday of every month from 5 to 9 p.m. in downtown St. Augustine. For more information, call (904) 829-0065 or visit www.artgalleriesof-staugustine.com.</p>	<p>Guided Cultural and Historical Hike On the first Saturday of every month from 8:30 to 10:30 a.m., visitors can learn about the cultural history of the Guana Peninsula during a guided cultural hike. Find out about the peninsula's 5,000 years of human history, including how native peoples used estuarine resources, what European plantation life was like and current efforts to learn about and save these resources. Meet at the GTM Research Reserve's Trailhead Pavilion located west of the Guana Dam. Wear comfortable closed toe shoes. There is a \$3 per vehicle parking fee. Register online at https://gtmresearchreserveexplorations.eventbrite.com.</p> <p>National Park Film Series In celebration of the National Park centennial, the Corazon Cinema & Cafe will screen a series of National Park films through Sept. 4. Daily screenings will take place at 11:45 a.m., 1:45 p.m. and 4 p.m. The screenings are free and open to the public. The Corazon Cinema & Cafe is located at 36 Granada St., St. Augustine. For more information, call (904) 679-5736 or visit www.corazoncinemaandcafe.com.</p> <p>Weaver First Saturday Free for All On the first Saturday of each month, guests can enjoy free admission from 10 a.m. to 4 p.m. as well as art-making activities for all ages in the Cummer Gardens, live music, and a docent-led tour at 2 p.m. Weaver First Saturday Free for All is made possible from the support of J. Wayne and Delores Barr Weaver. The museum is located at 829 Riverside Ave., Jacksonville. For more information, call (904) 356-6857 or visit www.cummermuseum.org.</p> <p>Darwin & Dinosaurs The Museum of Science and History (MOSH) presents Darwin & Dinosaurs now through Sept. 5 at MOSH located at 1025 Museum Circle, Jacksonville. The exhibition features full-size dinosaur skeletons, scientific instruments, original letters and first editions of Darwin's main works, including "On the Origin of Species." For more information, call (904) 396-MOSH or visit www.themosh.org.</p>	<p>Florida Chamber Music Project The Florida Chamber Music Project, a partnership between the Florida Chamber Music Project and St. Johns County Cultural Events Division, will kick off its 4th season Sept. 4 with String Quartet in F Minor by Beethoven and Five Novelettes by Glazunov. All concerts start at 3 p.m. and will be held at the Ponte Vedra Concert Hall, 1050 A1A N., Ponte Vedra Beach. Season or individual show tickets may be purchased at the Ponte Vedra Concert Hall Box Office before each performance and in advance online at www.ticketmaster.com. For more information, visit www.pvconcerthall.com or www.flchamber-music.org.</p> <p>Practice with Purpose at Big Fish Yoga Practice with Purpose is an all-level yoga class offered on Sundays from 4 to 5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga is located in the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South Third St. For more info, call (904) 372-0601.</p> <p>Collection Tour Join the Cummer Museum of Art and Gardens on Sundays for a guided tour of its permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p>Cultural Center's '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 help initiate special projects to benefit and promote The Cultural Center and the arts in the 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>



**SEPTEMBER
ACTIVITIES
FOR MEMBERS**

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

<p>Sunday Brunch Buffet Every Sunday</p> <p>Bridge Monday's at 12:30 p.m.</p> <p>Lobster Night Every Wednesday</p> <p>Prime Rib Buffet Every Friday</p> <p>Junior Golf Clinics Every Tuesday at 4 p.m.</p> <p>Labor Day Activities September 2-5</p> <p>Labor Day Spa Sale September 2-4</p> <p>Surf Shop Swimwear Sale September 2- 5</p> <p>Steak and Bake Cookout Sunday, September 4</p>	<p>Meditation Workshop September 4, 18, 25</p> <p>Book Club Meeting Wednesday, September 7</p> <p>Italian Night Monday, September 12</p> <p>Member Shopping Day Tuesday, September 13</p> <p>Trivia Night Tuesday, September 13</p> <p>Bourbon, Beer, & Cue Saturday, September 17</p> <p>Kids PJ Party Saturday, September 27</p> <p>Gretchen Scott Trunk Show Saturday, September 24</p> <p>Finding Dory Party Saturday, September 24</p>
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**September
Activities
for Members**

Call 273-9500 for more information

<p>Member Monday Every Monday Evening</p> <p>Taco Tuesday Every Tuesday</p> <p>Wing Wednesday Every Wednesday Evening</p> <p>Party Bridge Every Thursday Noon</p> <p>Thirsty Thursday Every Thursday Evening</p> <p>Labor Day Activities September 2-5</p> <p>Labor Day Spa Sale September 2-4</p> <p>PVIC Surf Shop Swimwear Sale September 2- 5</p> <p>Meditation Workshop September 4, 18, 25</p>	<p>Tween Wii Dance Party Saturday, September 10</p> <p>Trivia Night Monday, September 12</p> <p>Harvest Moon Farm to Table Wine Dinner Friday, September 16</p> <p>Book Club Tuesday, September 20</p> <p>Storytime with Prissy & Pop Friday, September 23</p> <p>Adult Karaoke Night Saturday, September 24</p> <p>Kids Movie Night Friday, September 30</p>
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Monday, Sept. 5	Tuesday, Sept. 6	Wednesday, Sept. 7	Thursday, Sept. 8
<p>Caregiver Support Group The Players Caregiver Support Group meets every Monday from noon to 1 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. For more information, call (904) 280-3233.</p> <p>Habitat for Humanity volunteers Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and Habitat helps build them a simple, decent place to live. For more information on volunteering, donating or qualifying for a Habitat home, visit habitatstjohns.org.</p> <p>Sunshine Center Volunteers The adult day center located in the Coastal Community Center at 180 Marine St., St. Augustine, is seeking creative volunteers to assist with simple arts and crafts projects with seniors Mondays through Fridays from 12:30 to 2:30 p.m. Call (904) 209-3686 for more information.</p> <p>For The Love of Driving Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. Contact the mobility manager at the Council on Aging, (904) 315-6505, or email Katie Arnold at karnold@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>Civil War Discussion Group The monthly meeting of the "Understanding The Civil War" Discussion Group will be held Tuesday, Sept. 6 at 1 p.m. at the Anastasia Island Branch Library, 124 Seagrove Main St., St. Augustine Beach. The topic will be: "The Battle of Chancellorsville." The meeting is open to the public. For more information, email Charlie Smith at smithc32@bellsouth.net.</p> <p>Sierra Club Meeting The Northeast Florida Group of the Sierra Club in Ponte Vedra will host presentations by local citizen activists who are opposing two proposed projects: the Vista Tranquila development on the property known as the Outpost in Palm Valley and the WaterMarke Beachcomber project on a 43-acre parcel of land approximately 1.5 miles north of the Vilano Publix. The meeting is open to the public and will be held Tuesday, Sept. 6 at 6 p.m. in the Main Meeting Room at the Ponte Vedra Beach Branch Library, 101 Library Blvd. For more information, call Larry Lickenbrock at (904) 537-6047.</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>Mental Health Recovery Support Free mental health support is available to the public facilitated by Georgia/Florida Certified Peer Specialist Whitney Bolin. Sessions are by appointment only Monday through Friday; call (770) 403-4991 or email whitneybat76@gmail.com. Bolin also facilitates a mental health recovery group at Flagler Hospital from 2 to 4 p.m. every Tuesday.</p> <p>Tapas Tuesday The Cummer Museum of Art & Gardens presents Tapas Tuesday at the Cummer Café. Every Tuesday from 5 to 7:30 p.m. on the Cummer Café patio, take in the sunset while listening to local musicians with beer, wine, or artfully-inspired tapas for sale at the café. For more information, visit www.cummermuseum.org.</p>	<p>'Pink Wednesday Tasting' LEAP (Ladies Empowering Attitudes with Purpose) will host "Pink Wednesday Tasting" to benefit Making Strides Against Breast Cancer Jacksonville Wednesday, Sept. 7 from 5:30 to 7 p.m. at Table 1, 330 A1A N., Ponte Vedra Beach. "Pink Wednesday" is a community support initiative for individuals and groups to showcase their support of Making Strides Against Breast Cancer Jacksonville by wearing something pink on Wednesdays. The event will include all you can eat and drink appetizers and wine from a pre-selected menu. Tickets are \$25 and must be purchased in advance. Visit www.eventbrite.com to purchase tickets.</p> <p>Lightner Museum Curator's Tour September's Curator's Tour will educate visitors on the many transformations the Lightner Museum has undergone from the time of the building's 1888 construction as the Alcazar Hotel to its current evolution as the Lightner Museum. Tours are included in the price of admission and will begin in the front lobby of the Museum at 10 a.m. the first Wednesday of each month. Admission is free for St. Johns County residents with valid identification. Donations are appreciated and will be accepted after the tour. For more information, visit www.lightner-museum.org.</p> <p>PV Professionals Networking Group The Ponte Vedra Professionals Networking Group meets the second, third and fourth Wednesday of the month from noon to 1 p.m. The first Wednesday of the month, the group hosts an after-work social mixer. Meeting locations vary; for more information, call Dave at (904) 248-9871 or visit www.pvpng.com.</p> <p>Ponte Vedra Toastmasters The Ponte Vedra Toastmasters Club offers opportunities for developing your leadership and communication skills. The group meets Wednesdays at The Players Community Senior Center, located at 175 Landrum Lane, Ponte Vedra Beach. The meeting starts promptly at 7:30 a.m. Contact Carmen J. Sardiñas at (904) 382-3303 or contact-5199@toastmastersclubs.org for more information.</p>	<p>Wellness Fair and Anniversary Party Ponte Vedra Wellness Center will hold its 3rd Annual Wellness Fair and 12th Anniversary Party Thursday, Sept. 8 from 4:30 to 6:30 p.m. at the Ponte Vedra Beach location, 100 Corridor Road S., Suite 220. www.pontevedrawellnesscenter.com. In addition to free health screenings, the free celebration will feature resources from local wellness partners and food provided by local restaurants, including Table 1 and Flavor Palette. For more information, call (904) 273-2691 or visit www.pontevedrawellnesscenter.com.</p> <p>Free Bridge Lessons Free beginning bridge lessons are available at the Jacksonville School of Bridge, 3353 Washburn Road., Jacksonville Beach on Tuesdays and Thursdays. Lessons start 9:30 a.m. and end at 10:15 a.m. This is followed by an actual game at 10:30 a.m. and ends by 2:15 p.m. Contact Burt O'Dell at (352) 428-1075 for more information.</p> <p>Arbor Terrace Life Enrichment Group The Life Enrichment Group Day Program takes place every Tuesday 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) 497-4346 or visit www.at-pontevedra.com.</p> <p>Annual Activity Member Become an Annual Activity Member at The Players Community Senior Center. Membership includes discounts on fee-based classes, designated events and Coastal Travel along with complimentary participation in a wide variety of scheduled activities. Call Darlene Mahany at (904) 280-3233 for more information.</p> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to carrie@opcfla.com, post online at www.pontevedrarecorder.com using the automated form or call (904) 686-3939.</p>

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Hall & Oates to play St. Augustine Amphitheatre Nov. 9

Popular 1970s and '80s singing duo Hall and Oates will perform at the St. Augustine Amphitheatre Nov. 9 joined by special guests Trombone Shorty & Orleans Avenue.

The number-one selling duo in music history, Daryl Hall and John Oates were first signed to Atlantic Records by Ahmet Ertegun in the 1970s. Their 1973 debut album, Abandoned Luncheonette, produced by Arif Mardin, yielded the Top 10 single, "She's Gone," which also went to number 1 on the R&B charts when it was covered by Tavares.

The duo recorded one more album with Atlantic, War Babies, (produced by Todd Rundgren) before they left and signed with RCA. Their tenure at RCA would catapult the duo to international superstardom.

From the mid-'70s to the mid-'80s, the duo would score six number one singles, including "Rich Girl," "Kiss on My List," "Private Eyes," "I Can't Go For That (No Can Do)," "Maneater" and "Out of Touch" from six consecutive multi-platinum albums.

Numerous contemporary artists list Hall & Oates as major influences, including Rob Thomas, John Mayer, Ben Gibbard of Death Cab for Cutie and Gym Class Heroes, who dubbed their tour "Daryl Hall for President Tour 2007."

Tickets are available at the St. Augustine Amphitheatre and the Ponte Vedra Concert Hall box offices or by calling (800) 745-3000. Tickets are also available at all Ticketmaster outlets and at ticketmaster.com.

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SENIOR LIVING *Guide*



SPECIAL SECTION TO:

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SEPTEMBER 1, 2016

At Cypress Village, senior dining goes gourmet



Wagyu beef ribeye with crispy smashed creamer potatoes and braised carrot in a cabernet demi glaze



Scallops with lavender and bourbon braised pork belly and roasted baby fennel



An upscale take on chicken and biscuits with roasted oyster mushrooms and caramelized cipolini onions

By Jennifer Logue

There was a time when the meals served at assisted living communities and other senior care facilities were equated with hospital food – nutritious, but bland and unappetizing.

As today's senior communities adopt many of the lifestyle features of upscale resorts, however, today's senior dining options are more likely to meet the culinary standards of a fine restaurant than a hospital. At Cypress Village in Jacksonville – a Brookdale continuing care retirement community – residents enjoy a variety of dining options designed to be both nutritious and appealing.

"The direction of Brookdale is to change a lot of the misconceptions about senior living," Director of Dining Services Thomas Rivers said. "At Cypress Village, we give dining more of a resort-style feel than what people may expect."

Rivers, who joined Cypress Village five years ago, came not from another senior community but instead from stints at some of the First Coast's most popular restaurants and hotels, including Brett's Waterway Café in Amelia Island, One Ocean in Atlantic Beach and the Casa Monica Hotel in St. Augustine. That background in upscale dining, he said, is just what administrators at Cypress Village were looking for.



Photos by Jennifer Logue

Cypress Village Director of Dining Services Thomas Rivers

"They encouraged me to take all the things I learned and work with the cooks here, showing them how to do more gourmet-style cooking," he said. "My style is a little bit of southern with a modern twist. Really my main focus is flavor. Stepping out of the chef role (to become director) was one of the hardest things to do."

That move allowed him, however, to put his stamp on the Cypress Village Dining Services department which, with more than 100 staff members, prepares between 600 and 800 meals each day. And today, Cypress Village residents enjoy a wide

variety of culinary choices served in three separate venues, including a more formal main dining room where menu items include everything from popular comfort food staples such as braised beef brisket to salmon, lamb and more.

"The biggest think I like to emphasize is that (the dining department) is evolving," Rivers said. "The menu changes every day – the three main entrees change every day – and that gives the cooks a bit more ability to be creative. They're not just prepping the same items every day."

The facility also hosts two gourmet dinners each month, giving residents an opportunity to try even more upscale entrees. Among the epicurean offerings gourmet dinner attendees may enjoy: Wagyu beef ribeye, foie gras and duck confit, Chilean sea bass and crème brulee served with a five-star presentation in Cypress Village's private formal dining room.

"We started doing the gourmet dinners once a month and they got so popular we're now doing them twice a month," Rivers said.

On the menu

To ensure that Cypress Village residents enjoy the culinary offerings, Rivers

GOURMET continues on Page 29



Residents Fran and Dan Soroka



Dee Hall and Carolyn Viafora of Del Webb in Nocatee



Residents Carlos and Nelly Lopez



Eva Nasi, MD, and Meghan Caramagno of Premier Care MD

Nocatee hosts Senior Day

By Jasmine Marshall

Jacksonville's Senior Life Network held its first Senior Day in Nocatee at Crosswater Hall Aug. 25, welcoming seniors in the community to receive information and give feedback on their needs.

Local health care professionals and practices specializing in programs and care for seniors were in attendance to provide information on such topics as handsets for the hard of hearing, home care, assisted living facilities, and hearing and eye tests. According to Senior Life Network Manager Laura Wesner, the free event provided an opportunity for seniors to learn about programs and services of help to them by bringing them in direct contact with local businesses.

"These senior day events are really for educational purposes," she said. "There's so many changes in technology and there aren't a lot of places where seniors can learn and ask and talk about the things that are of the most help to them. Here, there's an upbeat vibe and an openness to discussing those things with them in a friendly environment."

To organize the event, Senior Life reached out to different practices and facilities that they believed would have helpful information regarding senior health, wellness and living.

Among them were Silver Creek, Premier Care MD, Humana, Apex and several other organizations that set up booths replete with brochures and goods for visitors. Food, drinks,



Meredith Kreis of Silver Creek

complimentary health tests, giveaways and educational presentations rounded out the event's festivities.

"The people who want to participate, who come to help distribute

information about these services are people who are passionate about seniors, their health and wellbeing," Wesner said. "And they help provide a very necessary service."



Photos by Jennifer Logue

Council on Aging Executive Director Becky Yanni and board member Bruce Barber



Kagin and Mike DiBella

Council on Aging hosts 'An Evening on the Matanzas'

By Jennifer Logue

The St. Johns County Council on Aging welcomed guests to its River House Aug. 28 for the agency's 13th annual gala.

"An Evening on the Matanzas" brought together approximately 300 of the COA's friends, supporters and clients for an evening that included dinner, dancing to the Frank Saffi Band, and live and silent auctions. Guests also enjoyed complimentary beer and wine and hors d'oeuvres as they perused the silent auction items and admired the panoramic views of the Matanzas River.

Silent auction items included numerous golf packages, restaurant gift certificates and overnight or weekend stays at local hotels. Live auction items, meanwhile, included such diverse offerings as a wine tasting class for 20 people, a Serenata Beach Club membership, a half-day sailing excursion for six with lunch, and a one-week stay in a condo near Asheville, North Carolina.

The gala was followed the next day with a golf championship held at the Slammer & Squire in World Golf Village.

"This is our biggest fundraiser of the year," said COA Executive Director Becky Yanni. "Proceeds from this event



Henry Dean and state Rep. Cyndi Stevenson Ed and Joanne Dragan

support all our services, including our memory care facilities, our Meals on Wheels program, in-home services and our senior centers."

Yanni noted that last year's gala and golf tournament raised \$90,000 to support the Council on Aging.

"This is the 13th year for the gala and it gets better every year," COA Board Member Bruce Barber said, noting that the agency was particularly active in Ponte Vedra, where it operates a community senior center and a new memory care facility. "People love the Council on Aging; they understand why we're here."



Ed and Joanne Dragan



Barbara Jenness and Jerry Cameron

St. Johns County Fire Rescue to host Walk Steady event

The St. Johns County Fire Rescue has joined forces with the St. Johns County Falls Prevention Coalition to host Walk Steady, a safe walk for older adults to celebrate National Falls Prevention Awareness Day.

To be held from 8 a.m. to noon Saturday, Sept. 10, the event will take place at Brooks Rehabilitation located

at 190 Southpark Blvd. in St. Augustine. Activities will include fall screens, vendors and food.

Registration can be completed the morning of the event or by visiting www.eventbrite.com. Participants may bring walking assistance devices, and "walking buddies" will be available. For more information, call (904) 345 7179.



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Roberts joins Anthem Lakes assisted living facility

Anthem Lakes recently appointed Joy L. Roberts as the assisted living and memory care facility's community operations specialist.

Roberts will be responsible for operations and staffing through the community's planned opening in early 2017, when she will then manage Anthem Lakes' staff, programming,

services and care.

With more than 20 years of senior living and additional health care experience, Roberts is a nurse who worked at various facilities in Jacksonville and Orange Park before assuming her new role. Most recently, she served as executive director at The Arbor Company, an assisted living and

memory care community, where she was responsible for the opening, all hiring and training and all community operations. She has also held positions with Brookdale Senior Living, Life Care Centers of America and Tandem Healthcare in North Florida in addition to working with Kindred Healthcare in North Carolina, Family Care Management



ROBERTS

of Illinois and Amerra Healthcare in Texas.

"We are proud to announce Joy as our top caregiver at Anthem Lakes," said David Kirkland, co-owner and development partner.

"She is passionate about senior living and has been a part of the evolution of care, facilities and treatment in this growing field. Our residents will appreciate her compassion for all facets of care as well as her dedication to providing a lifestyle not found elsewhere in the market."



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Lowering your risk for heart attack: 'Ask the Expert' talk focuses on living a heart-healthy lifestyle

By Carrie Resch

How cholesterol, glucose, blood pressure and BMI factor into a person's risk for a heart attack was the focus of "Ask the Expert: Living Heart Healthy," presented Aug. 25 at the Y Healthy Living Center in Ponte Vedra.

Sara Holloway, supervisor of cardiac and pulmonary rehabilitation at Baptist Medical Center Beaches, offered several tips on how to reduce the chances of having a cardiac episode. A certified clinical exercise physiologist Holloway said diet and exercise are key, as is monitoring cholesterol, glucose, blood pressure and BMI.

"Know your numbers," she said.

Holloway identified seven "puzzle pieces" that could modify cardiac risk factors, inactivity, high blood pressure, high cholesterol, obesity, stress, diabetes and smoking. The good news is that cardiac risk factors can be impacted by a heart-healthy lifestyle, with the possible exception of genetics, such as if there is a family history of heart conditions, and age.

"As we age, we become more likely to have a cardiac event," Holloway said, adding that over time, plaque builds up in the arteries, thereby increasing one's chances of having a cardiac episode.

"Learning how to live heart healthy and prevent a heart attack is vital," she said.

Inactivity

Inactivity, or a sedentary lifestyle, can be detrimental to your overall health.

"This is a puzzle piece we can all do something about," Holloway said.

Did You Know?

Did you know that Y Healthy Living Centers offer biometric screenings? Screenings are provided at no charge, by appointment, at all Healthy Living Center locations. The 45-minute screening measures body composition, blood pressure, total cholesterol, HDL cholesterol and glucose. Visit baptistjax.com/ymca for more information or to schedule an appointment online.

She recommended aiming for 30 minutes of moderate cardiovascular or aerobic exercise most days of the week, with a total goal of 150 minutes of cardiovascular exercise per week. In addition to cardiovascular exercise, Holloway recommends incorporating strength training two to three times per week.

She also highly recommends stretching exercises, especially after a workout, because it helps bring the heart rate down. Stretching also keeps joints limber and helps an individual keep range of motion, thereby reducing the chances of injury.

High blood pressure

High blood pressure, or hypertension, can often go undetected.

"A very high percent of people that come in for a cardiac event, have high blood pressure," Holloway said, adding that many people don't know they have high blood pressure.

She also noted that an individual is more susceptible to having high blood



Photos by Carrie Resch

Sara Holloway, supervisor of cardiac and pulmonary rehabilitation at Baptist Medical Center Beaches, was the guest speaker at the Y Healthy Living Center Ponte Vedra Aug. 25 "Ask the Expert" presentation.



pressure as they age. That's why, she said, it's imperative to have your blood pressure checked regularly and to control hypertension with medication if needed. If blood pressure is not under control, it could lead to a heart attack or stroke.

Every person is different, but on average, you should aim for a systolic number – or top number – of 120 or less and a diastolic number – or bottom number – of 80 or less.

In addition to exercise, other ways to lower blood pressure include maintaining a healthy weight and reducing the amount of sodium consumed, paying special attention to eating out and consuming canned or packaged food which could all be sources of high sodium, according to Holloway.

Cholesterol

In addition to monitoring blood pressure, cholesterol levels should also be regularly checked.

LDL or "bad cholesterol" levels should be 100 or less. Having a high LDL helps contribute to plaque buildup in the arteries.

Known as "good cholesterol," HDL levels should be 45 or greater.

Holloway offered an easy trick to remember the difference between LDL and HDL cholesterol – think "lousy" for LDL and "happy" for HDL.

Another level that is essential to monitor, Holloway said, is triglycerides, a type of fat in the blood. An individual's

HEART ATTACK continues on Page 28

AARP seeks tax prep volunteers

AARP Tax-Aide is seeking volunteers to help elderly and needy Jacksonville-area taxpayers prepare and file their tax returns.

Last year, 160 Jacksonville and Beaches-area volunteers helped prepare more than 6,500 tax returns. They were part of more than 35,000 AARP Tax-Aide volunteers

across the country to assist the free tax preparation service.

Volunteers do not need to be experienced tax return preparers, AARP members or retirees. Comprehensive training will be provided to all volunteers ahead of the tax season, which runs from Feb. 1 to April 15.

This year, Tax-Aide said, there is an

especially urgent need for people to help with software installation and network set-up in Tax-Aide work sites. In addition to people who are experienced computer users, the Tax-Aide team also seeks volunteers to greet and screen taxpayer clients.

For more information, visit the AARP website at www.AARP.org/taxaide.



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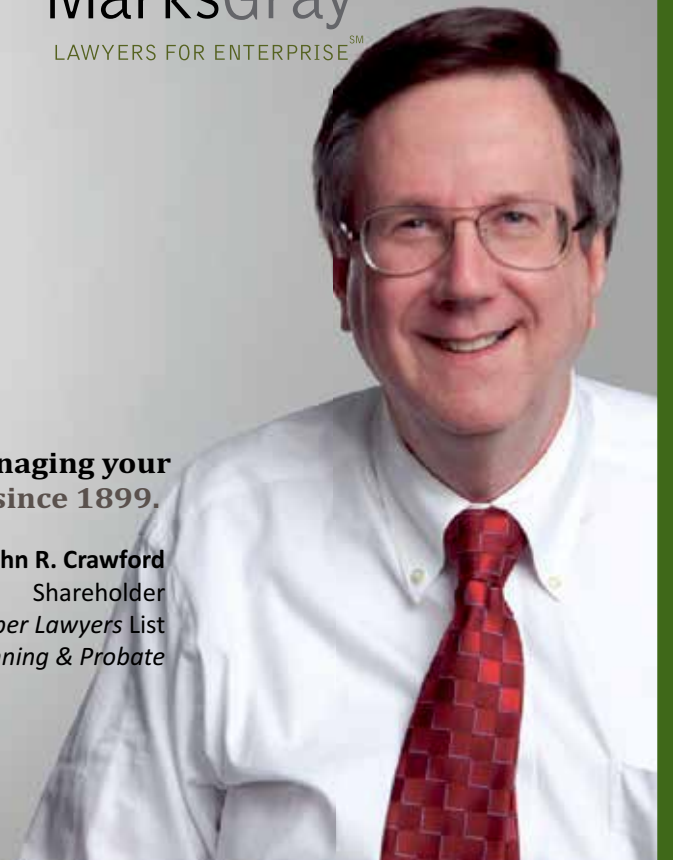
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No longer just for the elite, autobiographies go mainstream

By **Kenneth R. Overman**

Special to the Recorder

When Howard “Mike” Spencer started to wobble, he stretched his arms wide until he regained his balance. “Easy now ... that’s right,” he muttered as he placed one foot in front of the other. Minutes later, he reached the end of his 10-foot balance beam. He hopped to the living room floor and smiled.

“There. Not bad for a 95-year-old, huh?”

I agreed. As a World War II veteran, this Ponte Vedra resident is in surprisingly good shape. He attributes his robust constitution to regular exercise, reading, a healthy social life ... and a martini every day around 5 o’clock. His recent projects include analyzing brain functions and learning Chinese.

“In my spare time,” he quipped.

Mike has done a lot in his past and often says he is very happy with his life today. Recently, however, he wonders what kind of legacy he’ll leave when he’s gone.

“When I’m about a 110,” he laughed.

Then with a serious note: “Most of my friends and fellow vets are dead, but I’m still here and I’d like to tell others what I did in the war while I still can.”

As a fighter pilot and recipient of the Distinguished Flying Cross, Mike hopes to preserve the memories for younger generations by writing his memoir. Of course, he’ll reminisce about the air war over Germany and strafing enemy trains, but he also wants to inspire younger generations on the joys of growing old.

“Or how to live that long in the first place,” he said.

With so much to say in so little time, Mike did what more and more retired men and women are doing lately: He hired a ghostwriter.

A growing genre

Mike’s desire to write his legacy is not unique. Storytelling is as old as the ancient campfire: a hunting party relaxing at the end of the day, or villagers huddling close to stay warm. Invariably, someone told a story to pass the time. Today, the urge to spin a tale is just as strong, and the only difference is the kind of stories we tell.

In recent years, the English-speaking world has trended toward the biographical genre. While fiction may always be the primary choice of read-



Photo courtesy of Tom Spencer

Howard “Mike” Spencer, shown here during World War II, was recently featured in the pages of the Recorder. Spencer, 95, has written his soon-to-be-published autobiography.

ers, the growing demand for autobiographies and memoirs is unmistakable. One reason for the change is sheer numbers: Due to the advent of “indie” (independent) publishing, there are more of them to read than ever before. Now Main Street folks can publish their life story quickly, professionally and at a surprisingly low cost. If an author puts in the work, an indie book can be on display through Amazon for as little as \$400.

So, who wants to read about an ordinary person’s life except family and friends? More than you might think. Consider that every individual is a witness to history. If they lived through eras like the Great Depression, World War II, Vietnam, 9/11, Iraq, Afghanistan, the Great Recession, or events

in the Middle East, their first-hand account provides greater understanding of those events not found in mainstream media. Mark Twain’s saying, “There is no such thing as an ordinary life” was confirmed in a recent internet poll, where hundreds responded to the question, “Why do you read biographies?” Most responses went something like this:

“They’re such wondrous, tragic, heroic, ordinary lives.”

“I love to read about the real struggles of real people.”

“An individual’s life reveals universal truths about the human condition.”

“I love to read about the real struggles of real people, and their different paths of life.”

In his award-winning book, “Biogra-

phy: A Brief History,” Nigel Hamilton tracked the popularity of the biography. He observed that, “Biography—that is to say, our creative and non-fictional output devoted to recording and interpreting real lives—has enjoyed an extraordinary renaissance in recent years.” Hamilton also maintains that biography is now the most popular form of non-fiction writing today.

Hamilton’s findings bridge generations as well. In their article titled “Imagination, Cognition, and Personality,” researchers J. Barnes and E. Bernstein found that children actually preferred reading non-fiction over fiction or fantasy. Apparently, the lives of others are more interesting than make-believe.

Corporate biographies

Biography doesn’t begin and end with an individual. More and more companies hire professional biographers to record what amounts to a full-length brochure with an unlimited shelf life. In its first week on sale, Walter Isaacson’s biography of Apple co-founder Steve Jobs sold 379,000 copies in the U.S., making it by far the top-selling book in the country in 2011. Granted, Apple Inc. already has worldwide brand recognition, but a business doesn’t need to be famous to tell its story.

A local example is Buck Autrey, chairman emeritus of Miller Electric Company in Jacksonville, who recently published his autobiography, “Bucking the Trend.” His ghostwritten book details the company’s origin, growth, mission and philosophy, including many years of struggle. As Buck said, “Overcoming problems made us strong, so we definitely want to tell that part of the story as well as the good stuff.”

•••

Mike’s book will be out soon. As he recently said with a twinkle, “I’m pushing 96, so I guess I’d better speed it up.” “A Walk in the Clouds” will describe his life of learning, curiosity, adventure and a great deal of love. According to Mike, talking about his past has been more fun than he thought, saying the process also had a cathartic effect on him. Digging deep in the past is a healing process, something that can benefit everyone.

Kenneth R. Overman is a novelist, biographer and creative director of BiographyMasters.com. He lives in Ponte Vedra Beach.

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Best ways to keep your brain in shape

By Dr. Erika Hamer

Special to the Recorder

As the large Baby Boomer generation moves into its golden years, we're seeing more focus in the media on diseases like Alzheimer's and Parkinson's, which primarily affect seniors. While neurological change happens to your brain throughout your life, it only takes a few positive steps to better your brain health.

Listen to music

Just listening to music helps your brain stay sharp. Specific types of music can stimulate memory and emotion. In one study, children with attention deficit disorder who were exposed to Mozart's music while undergoing biofeedback training showed a marked improvement in social skills, concentration, mood and impulsive activity. In addition, research from the University of San Antonio indicates a promising new development in using music to recover speech fluency in stroke victims.

Learn something new

Expanding your knowledge outside your current areas of expertise can boost your brain power. Take a course in a subject you know nothing about.

Lifelong education is proven to reduce the chances of developing Alzheimer's disease.

Stay social

Having good friends and a supportive family brings many brain health advantages.

Studies show people with a good social network, especially seniors, have enhanced neurological fitness as well as an overall better quality of life. Staying social can stave off problems like depression and anxiety.

Humans are meant to interact with each other, so step away from the computer more often and engage in face-to-face communication.

Get enough sleep

Although your brain doesn't shut off when you sleep, it does require this down time to regenerate. Researchers believe stress hormones increase with sleep deprivation. And not enough sleep can make you more susceptible to the effects of stress

Get active

Along with the rest of your body, exercising does wonders for your brain. By staying physically active, you protect your brain from environmental toxins. Exercise also slashes stress chemicals that can damage a variety of brain structures, including areas key to short-term memory function. Moreover, working out keeps your heart pumping much-needed oxygen and glucose to your brain. The National Academy of Sciences has published research revealing that people who are physically inactive increase their risk of Alzheimer's by 250 percent!

Eat brain food

Your brain is quickly affected by what you eat. As a large portion of your brain is fat, get the right amounts of Omega 3 fatty acids, found in many species of fish like salmon, tuna and sardines. Eat plenty of fruits and vegetables, whose abundant antioxidants protect the brain from free radical damage. The B vitamins are also vital to neurological function. As you get older, your digestion system becomes less efficient at absorbing nutrients from food. You may need to add a daily B-complex supplement.

Pray or meditate

People who pray or meditate gain significant neurological benefits versus people who don't. Individuals who engage in regular spiritual activities have lower stress levels and are less likely to develop depression and anxiety.

Watch less TV

Watching television is linked to several brain problems, including Attention Deficit Disorder in children. Adults who watch television for two or more hours a day, meanwhile, increase their risk of developing Alzheimer's disease.

Finally, check with your health care professional for additional ways you can keep your brain in top working order.

Dr. Erika Hamer is a chiropractic neurologist and 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.

Heart attack

Continued from 23

triglycerides level should be 150 or less.

Treatment for high cholesterol includes following a heart-healthy nutrition plan, exercise, maintaining a healthy weight, getting regular cholesterol screenings and taking medications, if needed. Holloway suggested that if a person is experiencing side effects from cholesterol medication the consult their physician to consider trying an alternative medication.

Obesity

"You don't have to take a lot of weight off," Holloway said. Reducing your weight by just 10 percent can lower your blood pressure, lower your cholesterol level and reduce your risk of diabetes.

To evaluate your weight, have your Body Mass Index (BMI) calculated and check your waist circumference. To obtain the waist circumference, place a tape measurer on bare skin at the narrowest part of the torso, above the belly button. Men should aim for a waist circumference of 40" or less; women 35" or less.

To lose weight, increase exercise to 300 minutes per week, or 30 minutes of exercise, five days a week. Seek help from a dietician or physician, or make an appointment with a psychologist or counselor if emotional eating is a factor, Holloway said.

Stress

Work on reducing stress and find ways of dealing with stress, Holloway recommends.

Deep breathing works as both a stress

reducer, and it can also help lower blood pressure, Holloway said. Her recommendations for coping with stress include meditation, spending time in nature, taking a gentle yoga class, listening to your favorite music, and laughing – finding the humor in stressful situations.

"Learn how to manage the stress so it doesn't affect your health," she said.

Diabetes

As with cholesterol levels and blood pressure, glucose screenings should also be done regularly. Aim for a fasting blood glucose level of 100 or less.

"As we age, we might be at a greater risk – especially if there is a family history," Holloway said.

So, knowing your family history, as well as getting at least 30 minutes of cardiovascular exercise every day and following a heart healthy diet are important steps to take in diabetes prevention.

If diabetes is already a factor, monitor your blood sugar and take medications as prescribed, said Holloway, also noting that losing weight can be help significantly in managing diabetes.

Smoking

Holloway had a simple, one-word solution to this risk factor – "don't." "If you smoke, seek help to quit," she said.

Y Healthy Living Centers, a partnership between YMCA and Baptist Health, offer "Ask the Expert" and "Talk with a Doc" lectures free of charge.

The lectures are open to the community; you do not have to be a YMCA member to attend either event, however, seating is limited, so pre-registration is recommended. Register online at eventbrite.baptisthealth.com.



Photos courtesy of Fleet Landing

Fleet Landing resident Gitti Hardage and the Carnivale Samba dancers

Fleet Landing celebrates the Olympics with a 'Festa Olímpico'

Fleet Landing residents celebrated the opening of the 2016 Olympics recently with a two-day Rio-style Brazilian celebration.

Residents were treated to a Brazilian

feast prepared by Chef Chris Gotshcall, while DJ Rock provided entertainment. Capping off the event were the Carnivale Samba dancers, who performed and danced alongside the residents.

Caregiver, insurance expert launches ClaimMedic to assist with medical billing issues

A longtime medical industry and insurance expert and caregiver in North Florida has launched one of the nation's first businesses specializing in medical billing advocacy.



DANIEL Founded by Mary Daniel, ClaimMedic helps patients and caregivers verify and manage their medical bills, which may be confusing and inaccurate. Drawing on her 25 years of experience in medical billing, her background as a patient insurance liaison and her personal experience as a caregiver to a spouse with Alzheimer's disease, Daniel decided to create ClaimMedic after receiving numerous medical bills that contained errors and having to fight for herself through a confusing system that's not patient-friendly.

"Even as an expert, I found that I was exhausted and frustrated with the errors and the time it took to manage payments and insurance," Daniel said. "I knew I could help patients as their advocate."

So determined was Daniel in her quest to help patients that she helped change the law in Florida governing patient advocate services such as ClaimMedic. Previously, licensed insurance agents were not allowed to represent clients with medical billing issues. Working with state Rep. Travis Cummings, however, Daniel helped expand the state's public adjuster law. On July 1, the state adopted changes to the law to allow licensed health insurance agents to represent clients.

ClaimMedic, Daniel said, is comprised of medical claims specialists who are licensed health insurance agents experienced in helping patients and caregivers get their insurance companies to pay claims. ClaimMedic agents can also discover erroneous bills that are more common in today's medical market maze.

The Department of Labor estimates that 200 million claims out of the 1.4 billion submitted yearly in the United States are initially denied. The reasons can range from a simple paperwork error, such as an incorrect code, to a wrongful denial based on inadequate information or diagnosis.

Working with their clients, ClaimMedic's patient billing advocates organize, analyze and verify medical bills to ensure accuracy. The company offers two levels of service – contingency-based auditing of past medical bills and payment recovery due to errors as well as fee-based monthly management and review services.

Medical care advocates help seniors navigate the health care system

By **Cindy Rene Bishop, RN**
Special to the Recorder

With the labyrinth of health care services, staff providers and insurance companies available in today's health care system, it's easy for seniors to get lost in the shuffle. But fortunately, seniors don't have to navigate the health care system alone. Working with a medical care advocate, families can make their way through the medical maze and ensure their loved ones are receiving the best possible care.

What is a medical care advocate?

The American Nurses Association includes advocacy in its definition of nursing, which it describes as "the protection, promotion and optimization of health and abilities; prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response and advocacy in the care of individuals, families, communities and populations.

Typical activities for a medical care



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and their caregivers.

An individual patient advocate may act as a liaison between clients and their health care providers. Advocates can accompany patients to appointments and surgeries and help coordinate care among multiple health care providers, reviewing, organizing and developing a paper trail of documents and records. In addition, an advocate should perform a detailed assessment of the situation, including researching diagnosis and treatment options and providing a clear, unbiased professional opinion.

By professional background, advocates typically have been case managers or social workers who have refocused on helping clients in their

advocate include representing a patient, protecting and advocating for a patient's rights, ensuring confidentiality or informed consent, and building awareness and support among patients, survivors and

decision-making. Patient advocacy services can also include transitioning older patients into assisted living or nursing homes, or even such mundane but essential tasks as providing transportation, bill tracking and payment assistance. By reducing unnecessary anxiety and fear and increasing patient compliance, this can result in a higher rate of successful treatment.

This is particularly true during the transition period that occurs from the onset of a medical emergency to a patient's hospitalization and discharge. Post-discharge rehabilitation stays and release to home care are also periods when the patient is most vulnerable, both because of their physical condition and at times a lack of communication among various health care providers. Having a medical care advocate handle such transitions can help increase and improve a patient's level of care, quality of life and overall well-being.

Cindy Rene Bishop, RNBSN is a medical care advocate who assists patients and families in navigating the health care system.

Gourmet

Continued from 20

said, the facility has a resident dining committee that reviews the menus and offers input. Residents can also attend regular "menu chats" with the chefs to offer their feedback, while dining logs allow them to jot down favorite meals they'd like to see on a future menu.

Cypress Village menus also change to reflect what fresh, locally sourced ingredients are available, with meals

tailored to reflect the special nutritional and dietary needs of residents who may have diabetes, high cholesterol, food allergies or other health issues.

And because the dining staff at Cypress Village serves the same residents each day, Rivers added, the staff is able to offer more personalized service than is possible at a fine restaurant.

"We'll say, 'Mrs. Smith can't have that – it has gluten in it,'" Rivers said. "So it's pretty personalized. We get to build a relationship with the residents."

In addition to its regular daily

dining services, Cypress Village also offers residents a variety of special culinary events that capitalize on the property's lake, docks and boathouse. Among the events Rivers has inaugurated are "boathouse bashes" that take advantage of the nice weather and scenery.

"We've done a Low Country boil, oyster roasts, Cinco de Mayo celebrations, a carnival..." Rivers said. "Our goal is to make the resident dining experience exceptional every day, so our standards are a little bit higher."

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"I am not sure how I would have recovered without AgeWell," says Jim, who is now volunteering at a local nonprofit, going for walks and spending time with friends.

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Father of Navy SEAL veteran killed at Benghazi to speak at Jacksonville memorial tribute

Charles Woods, father of Tyrone Woods, at Sept. 10 event

The father of fallen Benghazi hero Tyrone Woods will be among the speakers at a special Northeast Florida Benghazi memorial tribute to be held at 3 p.m. Saturday, Sept. 10 at Jacksonville's Times-Union Center for the Performing Arts.

Charles Woods will join Citizens Commission on Benghazi members Gen. Thomas McInerney, USAF Ret.,

and security expert Clare Lopez at the special memorial service honoring the four Americans killed in the terrorist attack at the U.S. compound in Benghazi on Sept. 11, 2012. Stephanie Jason and Capt. Ryman Shoaf, USN, Ret. – both personal friends of Stevens – will also offer remarks.

“We are honored to welcome two distinguished commission members, family and friends of the U.S. heroes that stood up instead of standing down in Benghazi,” said Beth Heath, one of the event's organizers. “The victims of Benghazi faced terrorists and were murdered in Libya, while serving their country. Unsuspecting Americans are facing ter-

rorism on a daily basis right here in our country. This tribute features speakers that are specialists on terrorism, security and the pain of needlessly losing loved ones to terrorism.”

A VIP reception will be held at 1:30 p.m. prior to the tribute in Jacoby Hall at the Times-Union Center. Musical selections will be performed by the patriotic chorus, Let Freedom Sing, and the Trinity Baptist Lifesong Chorus.

Admission to the memorial tribute is free; to reserve seats, visit Eventbrite.com or call (904) 402-2172. To purchase tickets to the VIP reception, call (904) 705-6439 or visit Eventbrite.com and enter “VIP Reception.”

Lee Greenwood to perform patriotic benefit concert at St. Augustine Amphitheatre

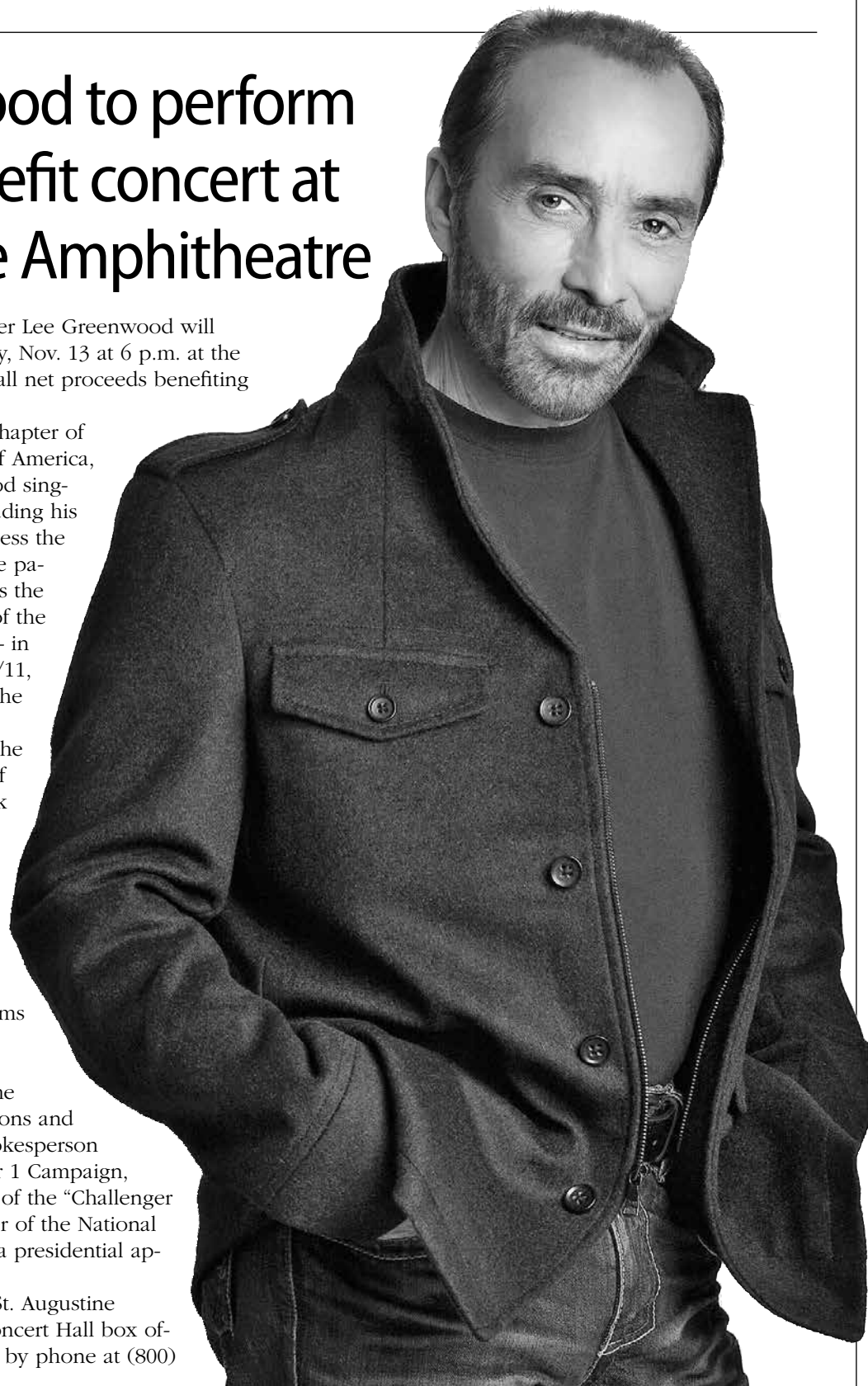
Popular country music performer Lee Greenwood will perform a patriotic concert Sunday, Nov. 13 at 6 p.m. at the St. Augustine Amphitheatre, with all net proceeds benefiting various veterans' organizations.

Presented by the Ancient City chapter of the Military Officers Association of America, the concert will feature Greenwood singing some of his country hits, including his popular patriotic anthem, “God Bless the USA.” Voted the most recognizable patriotic song in America, the song is the only tune to rank in the top five of the country singles chart three times – in 1991, 2001 and 2003. Following 9/11, the song ranked number one on the pop charts.

“‘USA’ is the song I always felt the need to write,” Greenwood said of the song he composed in the back of his tour bus in 1983. “I wanted to have something that would unite Americans from coast to coast and to instill pride back in the United States. The song represents my family, my community and those men and women who have paid the price for the freedoms we all love and enjoy.”

Greenwood performs for many charitable events and gives his time and name to numerous organizations and fundraisers. He is the national spokesperson for “Products of Good,” the Honor 1 Campaign, and serves on the advisory board of the “Challenger Commission.” He is also a member of the National Endowment for the Arts Council, a presidential appointment.

Tickets are on sale now at the St. Augustine Amphitheatre and Ponte Vedra Concert Hall box offices, through Tickmaster.com or by phone at (800) 745-3000.



Florida Heritage Book Festival to offer youth workshops in poetry, graphic novels

Young writers and artists will have an opportunity to learn first-hand the art of poetry and developing graphic novels as part of the 2016 Florida Heritage Book Festival.

On Saturday, Sept. 17, Florida Poet Laureate Peter Meinke and his wife, artist Jeanne Clark Meinke, will offer a hands-on poetry session for 8- to 12-year-olds from 9 a.m. to noon. Acclaimed graphic novelist Andre Frattino, meanwhile, will teach 13- to 18-year-olds the nuts and bolts of the graphic novel industry in a session to be held from 1 to 4 p.m. Both sessions will be held in Flagler College's Ringhaver Student Center in St. Augustine.

“These children's sessions are the first ones we've had to date,” Festival Executive Director Jim Wilson said. “They will give students the chance to experience first-hand the creative craft (led) by leading artists in their fields.”

Meinke has published eight books of poetry in the Pitt Poetry Series; his work has also appeared in *The Atlantic*, *The New Republic*, *The New Yorker* and numerous literary magazines. He is the recipient of two National Endowment for the Arts awards.

At the festival workshop, Meinke will provide students with tips on how to start writing, how to generate ideas and how to enjoy the process.

“Children can expect to learn that they can become writers and artists like us,” Meinke said. “It's not magic, but a matter of sitting down with blank paper and trying something out. If they enjoy it, they can keep doing it, improving their skills as they grow.”

Graphic novelist Frattino is also a Florida native. Since 2012, he has published his ongoing Florida-based graphic novel series that includes “The Reaper of St. George Street,” “Lost Souls of Savannah” and “The Vampire of Matanzas Inlet.” For his workshop, Frattino will provide an overview of the art and history of comic books and teach participants the foundation for publishing their own works.

The registration fee for each workshop is \$20 per participant, and advance registration is required. To register or for more information, visit <http://fhbookfest.com/childrens-sessions>.

Business Weekly

RIBBON CUTTING

First Coast YMCA opens new Winston Family Y in Riverside

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Transportation improvements key to county's growth, officials say

By Jennifer Logue

The connection of 9B to St. Johns Parkway, improvements to Race Track Road and efforts to deal with traffic and parking issues in St. Augustine were among the priorities highlighted by local, state and county transportation officials at a St. Johns County Chamber of Commerce breakfast last week.

As Florida's population continues to increase, officials said, transportation improvements are critical to ensuring continued growth and prosperity both locally and statewide.

"By 2030, we'll have 6 million more people calling Florida home," CSX Vice President Quintin Kendall told attendees at the Aug. 26 breakfast presentation sponsored by the chamber's Economic Development Council. Locally, he said, estimates predict that St. Johns County will have as many as 150,000 new residents by that time.

"For this continued growth, we've got to ensure Florida remains successful," Kendall said, "and we need to plan for Florida's future and that includes transportation."

Both state and county officials agreed that the construction of 9B and

its planned connection to St. Johns Parkway (CR 2209) are significant transportation improvements needed to keep pace with the population growth.

"We're very excited to be able to deliver 9 B," said Greg Evans, District 2 secretary for the Florida Department of Transportation. "I saw this magnificent highway ending pointed directly at St. Johns County and said, 'We can't stop there....we've got to get the northern part of St. Johns County connected to 95, US1 and 295 as well.'"

Phong Nguyen, division director of transportation development for St. Johns County, said that connecting 9B to St. Johns Parkway will also have a significant impact, both on mobility and the regional economy.

"That will basically change the entire landscape of northern St. Johns County," said Nguyen, noting that development projects such as Durbin National and the proposed Project Family sports complex would be located in that area. To further support residential and economic growth, he added, the county plans to make improvements to key intersections along CR 2209, and on Race Track Road.

"We have this vision of our north-south corridor to connect Race Track



Photos by Susan Griffin

Phong Nguyen, Greg Evans, Quintin Kendall, Declan Reiley, John Regan, Isabelle Rodriguez and Victor Raymos

all the way down to CR 204," Nguyen said. "So you can see that is a crucial element to accommodate future development growth in the area."

"Radical" plans for St. Augustine

When it comes to addressing St. Augustine's traffic and parking woes, City Manager John Regan said the types of major road construction projects underway in northern St. Johns County won't work.

"We can't build ourselves out of the issues," he said. "In an urban core, we have to think differently and we have to fundamentally change our culture... we have to find ways to marry transportation form to urban form and find those alternate pathways of mobility."

Accomplishing that, Regan said, will require plans to reduce the number of cars visiting the Ancient City by 30 to

GROWTH continues on Page 40



SJC Chamber Vice President of Economic Development Declan Reiley

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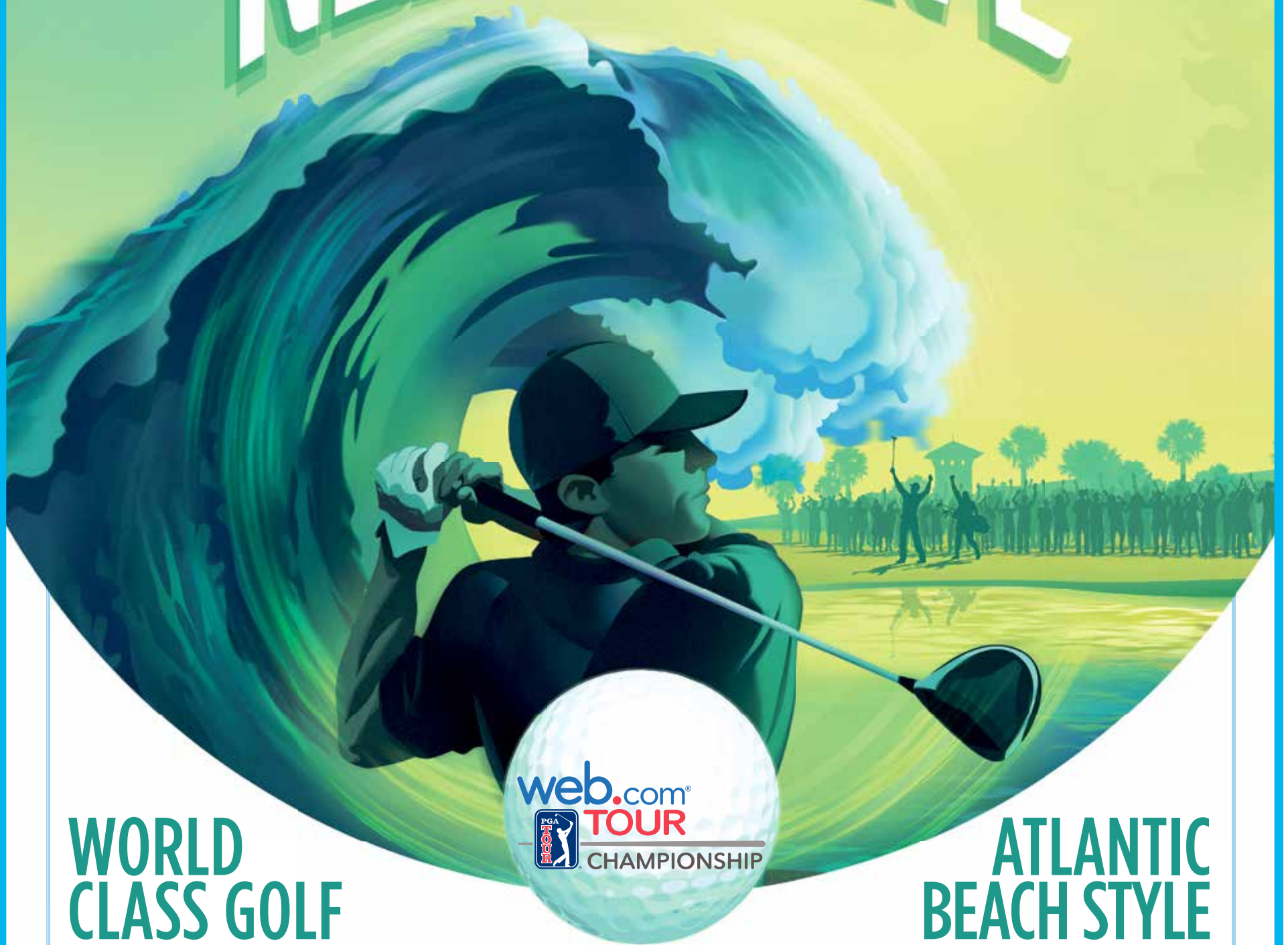
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Jacksonville Suns CEO: Focus is on affordable family fun

By Jennifer Logue

Ken Babby recalls walking around Baltimore's Camden Yards ballpark with his father, who served as general counsel to the Orioles.

Even then, he says, he tended to focus more on the fans than the players on the field.

"I used to walk around the ballpark to see where people were going, what they were eating, how they were being entertained," Babby told members of the Rotary Club of Ponte Vedra Beach last week. "When I was 12, I even invented something I called the 'Happiness Index' – I would count how many people were smiling and write it down on my notepad."

Today, as the owner and CEO of the Jacksonville Suns AA baseball team, Babby is still focused on putting smiles on fans' faces.

"Sports has this incredible role in our community of bringing people together," Babby told Rotarians. "We're providing great, affordable family fun –

for two or three hours, you can check your problems at the door and have a great time."

Since purchasing the Suns last fall, Babby has invested \$1.8 million in making upgrades to The Baseball Grounds of Jacksonville, renovating the suites and public areas, including the Budweiser Tiki Terrace, Firehouse Hot Corner and the Palm Tree Pavilion picnic area. Drawing on experience gleaned from his 2012 purchase of the Akron RubberDucks – where attendance has grown 27 percent under his leadership – Babby has focused on making the Suns a family-friendly destination, where a family of four can have a good time for \$20 and kids can play catch on the field and run the bases on Sundays.

"It was a daunting and somewhat terrifying feeling, coming to this community – not knowing anyone, not having a place to live – but having this bold vision," Babby said. "But I found out quickly that this is a really special place."

Now, as Babby's first season as Suns owner nears its conclusion, it appears



Photo by Jennifer Logue

Jacksonville Suns Owner Ken Babby and Ponte Vedra Rotary Club President Michael Bruce

the upgrades and changes are working, with a 55 percent increase in attendance.

"The community has gotten completely behind what we've tried to do," Babby said. "We really lead with that message of affordable family entertain-

ment."

It's a tradition he plans to continue for a long time, noting that the Suns are working on securing a 25-year lease.

"We're looking forward to providing affordable family fun for decades to come."

BUSINESS BRIEFS

By Jennifer Logue

First Coast YMCA opens new Winston Family Y in Riverside

The First Coast YMCA celebrated the grand opening of its new riverfront Winston Family YMCA with a ribbon cutting ceremony Aug. 26, kicking off a weekend full of tours, health screenings and opportunities to use the building's new fitness facilities.

Attendees had an opportunity to tour the new Y and use some of its new offerings, which include an aquatic center with two pools; a gymnasium; a spiritual wellness center; dedicated rooms for yoga and other fitness classes; and an expansive fitness center and indoor track with sweeping views of the St. Johns River.

"The reactions we get the most are a lot of 'Wows' and 'This is amazing!' and 'I cannot believe the view!'" said Tim Burrows, director of member experience.

The new Winston Y also offers a KidZone – where children can participate in supervised activities while their parents exercise or take part in other Y activities – a café, and locker rooms for families and people with special needs. A special highlight of the new



Photos courtesy of YMCA

Jacksonville Mayor Lenny Curry (third from left) joins with YMCA officials and community partners to cut the ribbon on the new Winston Family YMCA.



facilities, Y officials said, is the new Healthy Living Center: Through partnerships with Florida Blue, Baptist Health and Brooks Rehabilitation, the center will offer a wide range of preventive and rehabilitation services along with information on health insurance

coverage options.

"This will really be a one-stop-shop for Jacksonville residents to get healthier," said Matt Davidson, Florida Blue's operations director at the Healthy Living Center.

While the Ponte Vedra YMCA was previously known

as the Winston Y – after Jacksonville civic leader and philanthropist James H. Winston – Y officials decided to name the new Riverside facility for Winston after several anonymous donors contributed gifts to its construction in his honor. Moving forward, the local First Coast YMCA on Landrum Lane will be known as the Ponte Vedra Y.

\$25 million indoor sports complex proposed for Race Track Road

A proposal to build a \$25 million indoor sports complex on Race Track Road is scheduled to come before the St. Johns County Board of County Commissioners Sept. 20.

Known as Project Family, the project would build a 175,000 square foot indoor complex with facilities for everything from football and basketball to volleyball and gymnastics. Plans also call for the complex to house batting cages and a full-sized baseball infield as well as a sports bar and restaurant.

Constructing the facility – to be located at 5404 Race Track Road – requires that the land be rezoned from rural/silviculture to intensive commercial. The SJC Planning and Zoning Agency voted unanimously to recommend approval of the zoning change at its Aug. 18

meeting, clearing the way for the Board of County Commissioners to consider the change at its Sept. 20 meeting. Should the project receive the necessary county and state approvals, developers have estimated that work could begin on the complex in early 2017.

Palm Valley Outdoors, St. Johns River Taxi to offer Intracoastal cruises, water taxi service

Local residents who want to visit St. Augustine without fighting the traffic and hunting for parking will soon have a new option for visiting the Ancient City.

Palm Valley Outdoors is joining forces with St. Johns River Taxi & Tours to offer roundtrip water taxi service on the weekends from PVO to St. Augustine. Taxi service and tours will leave from Palm Valley Outdoors at 9 a.m. on a 50- or 80-passenger boat and return from St. Augustine at 2 p.m. Hourlong sunset cruises as well as cruise/dinner packages are also planned.

For reservations or more information, call (904) 999-4140, (904) 834-7183 or visit www.palmvalleyoutdoors.com.

Berkshire Hathaway to host home buyers' forum

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BUSINESS BRIEFS

Continued from 35

office of Berkshire Hathaway HomeServices Florida Network Realty will host a home buyers' forum Thursday, Oct. 20 from 6 to 8 p.m. at the office, located at 333 Village Main St., Suite 670 in Sawgrass Village.

Hosted by Realtors Peggie Black, Joan Dickinson and Stephanie Lancer and EverBank's Mike Henderson, the

event will enable attendees to learn more about the home buying process, including how much house they can afford and the benefits of owning versus renting.

Appointments will be available to receive preapproval.

In addition to wine and cheese, the forum will offer the opportunity to win door prizes, including a beach cruiser. To register online, visit www.pblack.com. FloridaNetworkRealty.com or call (904) 616-2651 for more information.

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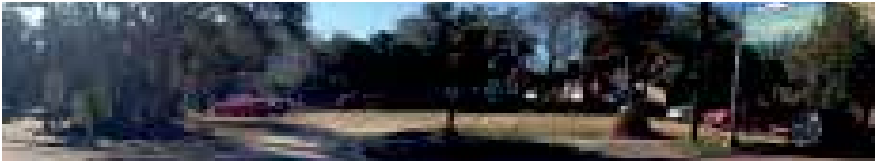
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King & Associates holds ribbon cutting at new Sawgrass Village office

By Jennifer Logue

Representatives from the St. Johns County Chamber of Commerce's Ponte Vedra Beach Division were on hand Aug. 23 to help local insurance agency King & Associates celebrate the grand opening of its new Sawgrass Village office.

Located at 3202-3 Sawgrass Village Circle in the Falls professional building, the new office marks the reestablishment of King & Associates as an independent insurance agency after a two-year partnership with another agency. Owner Frances King said the new office will enable King & Associates to continue to do what the agency does best: provide the one-on-one, personalized service to clients both old and new.

"We're small enough that we can really concentrate on taking care of our clients and their needs," King said, noting that some staff members have been with the agency for more than 15 years. "They all have extensive backgrounds in insurance and good experience in working with our clients."

King herself has more than four decades of insurance experience; in addition to homeowners', auto and business insurance, King & Associates offers policies for high-value homes. And now is a particularly good time for homeowners to assess their insurance needs, she said.

"It's a very soft market for home insurance right now," she said, "which means it's a good time for people to shop for homeowners' insurance to get the best rates."



Photos by Susan Griffin

Staff members help cut the ribbon on the new Sawgrass Village offices of King & Associates.



The King & Associates team: Staci Kidwell (front), owner Frances King, Helen Viollet, Lisa Melendez and Laura Halvorsen

MOVERS & SHAKERS

Smith appointed to THE PLAYERS leadership team

Troy Smith has been appointed as the newest "Blue Coat" for THE PLAYERS Championship. A six-year tournament volunteer, Smith joins the four existing vice chairs who, along with 2017 Tournament Chair Kevin English, lead the 2,100-plus volunteer force that make the tournament possible.



SMITH

"Troy is going to be an excellent addition to the leadership team," English said. "His experience with the tournament, coupled with his involvement in the community, make him an extremely valu-

able asset. We are excited to have him working with us to elevate this event, which has such a strong history of making a difference in Northeast Florida."

A shareholder for Rogers Towers, Smith is board certified in construction law and is an accomplished trial lawyer. He currently serves on the board as the legal liaison for Learn to Read Jacksonville and the Rotary Club of Ponte Vedra Beach.

"Generating charitable dollars for Northeast Florida is something I am passionate about," Smith said, "and I look forward to helping THE PLAYERS generate a record number in 2017."

Floryan earns Certified New Home Specialist™ designation

Kathleen Floryan of Ponte Vedra Club Realty has completed the real estate industry

courses required to earn national certification as a Certified New Home Specialist™ and Residential Construction Certified™.

Completion of the Certified New Home Specialist™ training involves a total of over 22 hours of specialized coursework and successful completion of the CNHS certification test. The courses required to earn the designations provided training in architectural design and planning, blueprint reading, topography, building site design, construction quality evaluation and more.

"This course is recognized as one of the very best ever offered in real estate," said Floryan, a broker associate for 11 years. "This provides me with the expertise, strategies and tools to more professionally assist anyone interested in a brand new or existing home."

Traditions Realty welcomes Joy Montgomery; Lauren Rohman named 'Rising Star'

Joy Montgomery has recently joined Traditions Realty.

An experienced real estate agent, she has held real estate licenses in Illinois, Georgia and Florida.

Montgomery was born in Nassau, Bahamas and raised in Chicago. She first became a licensed real estate agent in Chicago, where she headed the property management department for a developer. In 2000, her daughter received a scholarship to Spellman College and Montgomery relocated to Atlanta to support her. She obtained her Georgia real estate license while working in the housing division of an investment company.



MONTGOMERY

In 2010, she moved to South Florida, became a licensed Florida real estate agent and began working in real estate full time. She is a member of the Jacksonville Chamber of Commerce and was part of the local chapter of the Kiwanis Club in South Florida. She moved to Jacksonville in June and is looking forward to becoming immersed in the community.

Montgomery was educated at Florida State University and Arizona State University, where she focused on business management and psychology.

In other Traditions Realty news, **Lauren Rohman** has been named one of Jacksonville's 2016 Rising Star Real Estate Agents. Rohman was nominated for the award by her peers.



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What do you know about your safe deposit box?

Back in the day, customers would have to wait months and even years to get their little share of their bank's storage space.

For an arguably low annual fee, depending on the bank and the size of the cherished box, customers felt like high rollers, as there was and perhaps still is a mysterious allure to having a bank safe deposit box. More on this in a moment, but first for the benefit of the younger generation, an explanation of what a safe deposit box is might be necessary. It is a metal box inside a bank vault that can measure as little as two inches by five inches or as large as 10 inches by 10 inches. This relatively small space holds one's prized possessions, such as essential documents, jewelry or even a treasured baseball card collection.

Once a staple of any bank branch, safe deposit boxes, in my opinion, have driven well past the last exit to relevance. Stated more simply, they are circling the drain, as the digital, post-internet, cloud-based world has changed how many folks store their relevant documents. In our fast-paced society, most people find it a hassle to retrieve items from their safe deposit box, especially when there are more convenient and possibly less costly alternatives. For example, according to Boston Lock & Safe Company Owner David Stoia, "Two or three customers come in every week who want to ditch their safe deposit box for a home safe."

Although a safe deposit box lives within the chambers of a federally insured bank or credit union, The Federal Deposit Insurance Corp (FDIC) does not protect its contents. Sadly, according to the Wall Street Journal, an estimated 1,300 safe deposit boxes were destroyed after the World Trade Center attack and Hurricane Katrina wiped out about 250 vaults, said Margot Mohsberg, spokesperson for the American Bankers Association.

For this reason, it is probably a good idea to insure your safe deposit box contents with your homeowner's insurance.

In addition, make sure someone that you trust knows that you have a safe deposit box. Otherwise, when you die, the contents could revert to the state if nobody claims rights to the safe deposit box. Finally, the best advice that I can provide you regarding this subject is to read and understand your bank's safe deposit lease agreement. If you are unclear about anything that you read, get on the phone with your bank's branch manager and ask him or her questions until you get the answers you need.



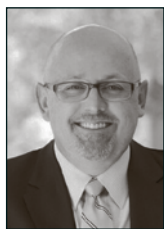
Harry Pappas
Columnist

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MOVERS & SHAKERS

Continued from 38

Five Star Professional partnered with Jacksonville Magazine to identify the up-and-coming real estate agents in Northeast Florida based on a number of criteria, including license, years in the business, and the agent's regulatory and complaint history. The two also considered sales and transactions over a 12-month period.



SHERMAN

Sherman joins HomeBridge Financial Services

Mark Sherman has joined the Jacksonville office of HomeBridge Financial Services as a loan originator. HomeBridge has 10 offices in Florida, and employs 1,500 associates at its 90 branches nationwide.

Suzy Evans awarded Certified Residential Specialist designation

Davidson Realty Agent Suzy Evans has been awarded the Certified Residential Specialist (CRS) designation by the Council of Residential Specialists, a non-profit affiliate of the National Association of Realtors.



EVANS

Realtors who receive the CRS designation have completed advanced professional training and demonstrated professional achievement in residential real estate. More than 30,000 Realtors nationwide have earned the credential.

In 2015, Davidson Realty recognized Evans as the year's top producer and top sales agent. She is a member of the Northeast Florida Association of Realtors and holds additional designations including Certified Distressed Property Expert and Certified Negotiation Expert.

"My top priority is helping buyers and sellers navigate the complex housing market and walk away happy with their experience," Evans said. "The CRS designation enhances my ability to do that for my customers."

DeNardo joins Walton Signage

M.J. DeNardo has joined Walton Signage as director of its SE Division. In her new role, DeNardo will establish a new divisional office for the company in Florida and be the key executive for all of its operations. She will also be responsible for creating and executing strategies for custom construction projects and retail programs.



DENARDO

A Ponte Vedra Beach resident, DeNardo attended The University of Miami and has more than 25 years of experience in the construction/facility management industry. She is also a member and past president of the Rotary Club of Ponte Vedra Beach.

Bianca Evans completes Five Points Tavern sale

Bianca Evans, senior business broker for Transworld Business Advisors, recently completed the business sale transaction for buyers Chef Jeffrey Forest, Hannah Alexander and Don Hourihan at Five Points Tavern in Jacksonville.



EVANS

The sale featured the former O'Brothers Irish Pub at 1521 Margaret St. in Jacksonville's Five Points area. Forest and Alexander, both longtime restaurateurs in New York and St. Lucia, saw the listing online and worked with Evans to complete the transaction. Five Points Tavern will feature a rustic, chef-curated menu of regional American cuisine for lunch and dinner.

— Compiled by Jennifer Logue

Growth

Continued from 33

40 percent.

"You can assume that at least 30 percent of traffic (in St. Augustine) is just driving around looking for parking," said Regan, adding that the city must overhaul its parking policy and begin looking at ways to add bicycle lanes and sidewalks to make the city more pedestrian friendly.

"We need to rebuild the fundamental bones of neighborhoods," he said. "Some of the things we're going to be proposing are going to be counterintuitive to people initially."

Regan pointed to plans to improve the intersection of May Street and San Marco Avenue – a known bottleneck that causes traffic to back up on the Usina Bridge – by incorporating what he called a "radical" European design that will feature a circular pattern with a road through it and two signalized intersections.

"What this does is it allows space to move



Photo by Susan Griffin

Chamber President and CEO Isabelle Rodriguez

people where they want to go and do it with a tremendous amount of stability," Regan said of the proposed traffic pattern.

Related improvements to the park and library near the intersection, he added, will result in an "entry gateway of beauty" to the city.

"The top reason people choose where they live... is aesthetics," Regan said. "This is going to continue to safeguard that aesthetic that we identify with St. Augustine."

Late interception gives Jacksonville Jaguars first preseason win

By Mike Bonts

Jacksonville reserve linebacker Hayes Pullard III returned an interception for a TD as the Jaguars came from behind for a 26-21 victory over the Cincinnati Bengals in an NFL preseason game.

“He did a great job – his drop and how he read the quarterback and how he read the formation and the routes, he put it all together there,” said Jacksonville Head Coach Gus Bradley of Pullard’s game winning pick. “It was a great play by him.”

Trailing 21-19 in the fourth quarter, second-year Pullard intercepted Bengals (1-2) backup QB Joe Licata’s pass and returned it 62 yards for the score. The play and extra point increased the Jaguars’ lead to seven and would prove to be the game winner.

Pullard appeared in eight games last season for the Jaguars (1-2) and started two games in place of Telvin Smith. Smith registered a game-high six tackles Sunday night, three solo, including one tackle for loss and one pass defense.

Third-year QB Blake Bortles completed 10 of 16 passes for 52 yards against the Bengals, increasing his 2016 pre-season total to 24-of-34 passing for 242 yards and two TDs.

“They were a good team and we came out slow,” said Jaguars’ offensive lineman Brandon Linder. “We weren’t on the same page on a lot of stuff. It’s something we’ve got to get better at.”

Offensively, the Jaguars did not allow



Jacksonville backup QB Chad Henne threw a two-point conversion pass to Tony Washington(12) to cut Cincinnati’s lead to 21-19.

a sack for the first time during the 2016 preseason.

Fourth-year running back Joe Banyard scored the first TD for the Jaguars, taking a shotgun handoff seven yards up the middle for a touchdown with 3:31 remaining in the third quarter. Banyard had his best game of the 2016 preseason, rushing for 54 yards on 11 carries.

Jacksonville backup QB Chad Henne’s three-yard fourth-quarter pass to tight end Neal Sterling and a two-point conversion pass to Tony Washington cut Cincinnati’s lead to 21-19.

Bengals QB Andy Dalton directed



Photos by Rick Wilson/Jacksonville Jaguars

Trailing 21-19 in the fourth quarter, Jaguars’ second-year Hayes Pullard III (52) intercepted Bengals backup QB Joe Licata’s pass and returned it 62 yards for the score.

two first-half scoring drives and was 6 of 10 passing for 77 yards and one touchdown. Backup QB AJ McCarron was 8 of 12 for 107 yards and threw a TD pass.

The Jaguars erased an 18-point deficit. With a win, the Jacksonville Jaguars have now registered a home preseason victory in three straight seasons and 13 of the last 14. The Jaguars have never gone winless in the preseason.

Behind early – Running back T.J. Yeldon fumbled on the opening drive. The visitors took over at the Jacksonville 22-yard line and scored when Dalton hit Giovani Bernard for a 7-0 lead. Cincinnati made it 14-0 in the second quarter when Jeremy Hill scored on a one-yard run ending a 16-play, 69-yard scoring drive.

Bringing the “D” – Sixth-year

defensive end Jared Odrick recorded his first sack of the preseason against Cincinnati. Odrick, who was drafted 28th overall in the first round of the 2010 draft, led the defense with 5.5 sacks last year. The Jaguars registered 5.0 sacks against the Bengals, their most in a preseason game this year. Along with Odrick, defensive tackle Sen’Derrick Marks, defensive end Chris Smith, cornerback Josh Johnson and defensive end Ryan Davis each added a sack against the Bengals.

Cats nipped – Cincy cornerback Adam Jones suffered a calf strain during pregame warmups, while receiver A.J. Green injured his right knee in the opening quarter and didn’t return for precautionary reasons. Running back Cedric Peerman suffered a fracture left forearm in the second quarter.

Ponte Vedra woman crowned world champion at martial arts expo

Karate America Ponte Vedra’s Amber Smith was crowned Gold Medal World Champion in the forms division of fifth-degree black belts aged 30 to 39 at the American Taekwondo Association World Expo in Little Rock, Arkansas.

Smith also earned a silver medal in sparring at the event, held July 27 through June 3. She competed alongside a team of other participating Karate America Ponte Vedra students, including Sofia Saldana, Lucas Gimenez, Jessie Miller, Lilly Sonn, Edmundo Saldana, Xander Javier and Isabella Guenzler.



Karate America team and supporters



Photos courtesy of Karate America Ponte Vedra
Amber Smith takes the podium

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KEEPING UP

By Barbara Boxleitner
Special to the Recorder

Kevin Alvarez has continued his baseball career beyond college. The Bartram Trail High School graduate played third base for Santa Fe of the professional independent Pecos League. He hit .293 in 48 games. He had 13 home runs and 36 runs

batted in. The 24-year-old competed for Averett University.

Football

University of North Carolina senior **Lucas Crowley** has been named to the watch list for the Rimington Trophy, an award recognizing the best collegiate center. He played for Allen

KEEPING UP continues on **Page 43**

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Shapiro Group, 2012.

Keeping Up

Continued from 42

D. Nease High School.

Ponte Vedra High graduate **Casey Barker** is a redshirt freshman defensive lineman for Coastal Carolina University. Also from the Sharks, **Dillon Bates** is a redshirt sophomore linebacker for University of Tennessee.

Past Shark **Kyle Chung** is a redshirt junior offensive lineman for Virginia Tech.

Previously at Bartram Trail, Michael Clarke is a freshman defensive back for Bentley University.

Men's golf

Ponte Vedra product **Logan Membrino** is a freshman for Elon University.

Men's soccer

Nease alumnus **Joshua Castellanos** has been named to the preseason all-Atlantic Sun Conference team. The junior midfielder transferred to University of North Florida from Trinity Baptist College.

He had three goals and two assists in 17 games last year for the Ospreys and earned all-conference second-team recognition.

Women's soccer

Florida Atlantic University redshirt senior defender **Erica Burt** has been named to the preseason all-Conference USA team.

The Ponte Vedra graduate also was one of three named as preseason conference defensive players of the year. Bartram Trail graduate **Kit Loferski** is a freshman forward for University of Florida.

Women's volleyball

Savannah Murray is a freshman libero and defensive specialist for University of South Carolina. She competed for Bartram Trail.

Nicole Williams is a junior right side hitter for Colorado Christian University. The former Bear played for Indian River State College.

Another from the Bears, **Ebony Powers**, is a sophomore outside hitter for Georgia College.

Send updates about area athletes to Barbara Boxleitner at bboxleitner@outlook.com.



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Sharks rally to beat Nease

By Jerry Norton

The Ponte Vedra Sharks spotted the Nease Panthers two touchdowns, then rallied for 27 unanswered points to win the annual Battle of the Bridge 27-13 Aug. 26 at Nease.

The Sharks' offense appeared ready to strike first, taking the opening kickoff and marching from their own 15 to a first down at the Panther 12-yard line. In the drive, Hal Swan picked up 24 yards on three carries and Tronti connected with JD Pirris for 20 yards. In addition, the Sharks were aided by a Panther pass interference penalty.

But it all went for naught for Ponte Vedra when an errand pitch-out gave Nease the ball inside their 10-yard line. Leighton Alley, Panther quarterback, took advantage of the turnover, driving his team 90 yards before handing off to Jareem Westcott for the 2-yard touchdown and a 7-0 lead.

Jarrett Stepp's 35-yard kickoff re-

turn put the Sharks in good position to answer the Nease touchdown but Ponte Vedra wasn't able to convert a first down. Instead, Tronti used his right foot to bury the Panthers inside their own five-yard line.

However, Nease wasn't adversely impacted by the poor field position. Alley quickly moved his forces to a pair of first downs, then found Jayson Sowden for a score covering 59 yards. The Panther point-after was no good still Nease celebrated their 13-point advantage as the first quarter ended.

Ponte Vedra continued to struggle offensively when the Panther's Kenny Whitehead picked off a second-quarter Tronti pass. Some solid defense by the Sharks' Zach Summers and Duncan Van Kueteren changed matters quickly though. Successive pressure from Summers and the rest of the Shark defense forced Nease to punt and Van Kueteren blocked the kick. Ponte Vedra recovered



#13 Jon Santillo of Ponte Vedra has the Panther ball carrier in his sights.

Photo by Chris and Jerry Norton

the ball at the Panther 10-yard line and after Swan picked up five, Tronti's keeper put the Sharks on the scoreboard.

The teams traded possessions for most of the second quarter until the Sharks put together a sustained drive for the go-ahead touchdown. The drive started on the PV 37. Tronti hit Marshall Few for 15 yards. He then found Pirris on the sideline good for seven yards then rolled out on his own for five more and a first down at the Nease 28. Swan then caught a swing pass good for 24 yards and a first down at the Panther four.

With 38 seconds left in the half, Tronti went to Pirris yet again finding him at the front right corner of the end zone for six yards and the touchdown. Chris Howard's PAT put the Sharks in

front for the first time 14-13.

Alley, who had put the Panthers on the scoreboard twice in the first half, passing for 206 yards and a touchdown, would complete 6 of 12 throws but for just 26 yards in the final 24 minutes. In addition, he threw a pair of second half interceptions.

The Sharks' Cade Macri stepped in front of Alley's first pass of the second half to set up Swan's 9-yard touchdown upping the visitors' lead to 21-13 then Noah Solaun picked off Alley's final pass of the game to seal the win for the Sharks. Swan rushed for 121 yards on 18 carries while Tronti completed 12 of 21 attempts for 156 yards.

Ponte Vedra will host Palatka this Friday at 7 p.m.

THEME: FASHION ICONS

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ACROSS

- Church's focal point
- ____-di-dah
- Barber shop sound
- L in AWOL
- Chicken ____ king
- Tsar's pancakes
- Put someone in a bind
- Junior's junior
- "An ____ of prevention..."
- *She popularized "Rachel" haircut
- *Pin-up girl and Charlie's Angel
- Acorn producer
- Cab payment
- Rub-a-dub-____
- *Prince wore fingerless gloves made of this
- *Fictional fashionista Bradshaw
- Elevator inventor
- *____ Farm, created by Russell Simmons
- Gain knowledge
- Winter Olympic event
- Smidgeons
- Roofed colonnade
- Zagreb native
- "That hurts!"
- Big top
- Ensnare
- Do like buffaloes
- Indigo extract
- Get checkmated

DOWN

- *Hermès bag namesake Jane
- *"Vogue" editor in chief
- Dugout vessel
- Galley equipment
- Samurai dagger
- Questioner
- Dark bread grain
- Operatic solos
- Ancient governors in Turkey
- X
- River in Hades
- "Fantastic Four" actress
- Rock band Kings of ____
- De Niro's ride, 1976
- Notice, in Spanish
- Hertz' offering
- Have reclined
- Boxer Laila
- Israeli port
- Talk like a drunk
- In 1492, it sailed the ocean blue
- Mark of a ruler
- Dish with four and twenty blackbirds
- With long winters and short, cool summers
- Giraffe's striped-leg cousin
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

- *Gabbana's partner
- 180 on a road
- Prejudiced one
- *Shoe couturier
- Catch one's breath
- Ranked, as in by MPAA
- Shoemaker without shoes, e.g.
- Related on mother's side
- Way to cook tuna
- Old El Paso product
- Harry Belafonte's daughter
- Chatterbox
- Hawaiian dish
- Kind of block
- Stall call
- Rubberneck
- Diamond's corner
- Full of ink
- Fish eggs, pl.
- Small songbird
- "Put a lid ____!"
- Home to the Jazz
- Wine, neither red nor white
- *____ Calloway, wearer of the Zoot Suit
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