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# Recorder

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## Breaking down barriers with BEAM



Carrie Resch / The Recorder

Jacksonville Beach Mayor Charlie Latham cuts the ceremonial ribbon along with BEAM (Beaches Emergency Assistance Ministry Inc.) Thrift Operations Manager, Susan Taylor (left) and BEAM Executive Director, Susan King (right) to mark the grand opening of BEAM Thrift at 7north. Read about the grand opening on page 5.



### THE REGISTER

Your guide to  
weddings is inside



### SHOW YOUR LOVE

Ready for Valentine's Day?  
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the Beaches since 1969



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 WORLD IMPORTS USA

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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](mailto:pvrecorder@opcfla.com) or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach.**



Visit our brand new website at [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com)

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

## PUZZLE SOLUTIONS

C	U	R	I	A	S	K	A	S	M	E	W	
A	T	O	M	S	P	O	L	S	T	A	P	H
R	A	L	P	H	I	I	I	P	O	L	I	O
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N	I	T	E	R	P	E	S	O	A	D	A	M
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S	A	S	S	E	R	E						
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I	R	A	N	R	Y	E	C	Y	R	U	S	

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

Solutions correspond to last week's puzzles.



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## What's this?



Do you know what this is?

**Email your answer to [kelly@opcfla.com](mailto:kelly@opcfla.com) by Tuesday at 5 p.m.**

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

Carolina Durante correctly identified the St. Johns Eye Associates sign in Nocatee. Carolina, please pick up your zoo tickets!

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



## Adoptable pets at the St. Johns County Pet Center

### CAT OF THE WEEK

My name is Wilson and I am a 6 year old male cat who is looking for a new home to call my own. I was brought to the Pet Center by my parents because they could not keep me anymore. I'm a super friendly cat who gets along with everyone and everything! Any new pet being introduced to a new home will need time to adjust to their new environment. Please reinforce house-training and behavioral training and be mindful of interacting with other pets. Come visit us today here at the Pet Center! #29966



### DOG OF THE WEEK

My name is Chewie and I'm a pint sized Wookiee! Just kidding, I'm a 3 year old male Brussels griffon terrier mix. I was brought to the

Pet Center as a stray. I love to snuggle and play and go outside and go on long walks in the sun. Come visit us today here at the Pet Center! #30113

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

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Ed Johnson / The Recorder

The crew at the Ponte Vedra store: Bera Bing, Terrie McCullough, Sally Dunsmoor, Sommer Laettner, Sarah Hilton.

# Peterbrooke Chocolatier holds its grand opening

Peterbrooke Chocolatier in Ponte Vedra held a grand opening celebration for their newly relocated Ponte Vedra store on Friday, Feb. 5 from 6-9 p.m. The public was invited to meet the Peterbrooke team and sample some of the neighborhood chocolate

store's offerings such as chocolate covered popcorn and other chocolate delicacies, gelato and baked goods. Cocktails were provided by Mulligans Pub; the specialty of the evening was

**OPENING** continues on **Page 25**

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## IN REMEMBRANCE

**Karla Susanne Donovan**

Karla Susanne Donovan, 37, of Ponte Vedra Beach, FL, passed away on Monday, February 1, 2016. She was the beloved wife of James Jay Donovan and loving mother to Aidan and Reese. Karla's large family adored her as their daugh-



DONOVAN

ter, daughter-in-law, sister, sister-in-law, granddaughter, niece, cousin, and aunt. Karla's easy smile, love of living in the moment, and natural way of looking at life remain an inspiration to all of us.

Karla was born in Millington, TN, on February 23, 1978, to Patricia Matthews and Robert McKay Matthews, II. She was definitely a Florida girl and lived in Jacksonville, Cocoa, Orlando, Babson Park, and Ponte Vedra Beach.

Karla was an incredibly kind and

loving person who loved being a homemaker and spending time with her family and friends. Her creative talents and love of children and animals always gave a comfortable and easy grace to her home and those in her presence.

Karla's family welcomed her extended family and friends to a viewing at Ponte Vedra Valley Funeral Home, 4750 Palm Valley Road, Ponte Vedra Beach, Friday evening, February 5, from 6:00-8:00 p.m. A funeral was held on Saturday, February 6, 11:00 a.m., at

Ponte Vedra Presbyterian Church, 4510 Palm Valley Road, Ponte Vedra Beach.

At the family's request, in lieu of flowers, memorial donations may be made to the Ponte Vedra Presbyterian Church.

Please sign the online guestbook at [www.pontevedravalley.com](http://www.pontevedravalley.com).

**Michael David McLean**

Michael David McLean, 50, passed away February 4, 2016. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery - (904) 285-1130 - [www.pontevedravalley.com](http://www.pontevedravalley.com).

## LETTERS TO THE EDITOR

**Proposed neighborhood is incompatible with environment — and laws**

I am greatly concerned about the residential development proposed for 1044 Ponte Vedra Blvd. There have been countless developers that looked at purchasing this property over the course of ten plus years, but learned there is not enough buildable land to sustain a profitable purchase for a development this size. GreenPointe states that they can build 30 homes because it is zoned for 30 homes. Regardless of zoning, you are dealing with what Mother Nature had provided you. This property is a mixture of wetlands and uplands which is the floodplain servicing the Guana. GreenPointe needs to build on the uplands of this property and not the wetlands of this property.

According to The US Federal Government, 91% of this property is coded PF01C and PEM1F. PF01C is Freshwater Forested/Shrub wetlands. Officially coded as Plustrine (wetlands) which is designed to be seasonally flooded. PEM1F is Freshwater Emergent Wetlands which is also coded as Palustrine system (wetlands) which are semipermanently flooded. The only buildable land is coded as Upland Hardwood Forests, which makes up only 3.2 acres

or 9% of the property.

Not to mention, the soils are 50% Tisonia Mucky Peat, which are "frequently flooded," according to the US Department of Agriculture.

Not to mention, this property is in a floodplain for the Guana River, which is one of only 28 federally protected estuarine research systems in the US. "A floodplain is an area of land adjacent to a stream or river ... that experiences flooding during periods of high discharge." This area is designed to be under water.

Not to mention, Obama and the US Government passed a new bill last month in Congress. "The policy (Executive order No. 13690) illustrates the awareness that we should not build things that are vulnerable to flooding now or in the future." Due to climate change and the resulting sea level rise, the government is adding more stringent requirements for where Federal buildings, etc., can be built.

Now builders "offset" the destruction of wetlands by mitigation. This means that they can build on wetlands in one place by "buying" wetlands in another place. But when you look into the laws of wetland mitigation, you will see that this practice cannot apply here.

According to the national Environment Protection Agency, US Army Corps of Engineers and the Florida Depart-

ment of Environmental Protection, the legal wording for wetlands mitigation is "restoration (re-establishment or rehabilitation), establishment (creation), enhancement and/or in certain circumstances preservation of wetlands, streams and other aquatic resources for the purposes of offsetting unavoidable adverse impacts which remain after all appropriate and practicable avoidance and minimization has been achieved."

Clearly, building a residential neighborhood for profit does not fall under the category of "unavoidable."

Again, build on the dry land of this property — not the wetlands.

*Lisa Johnson Cook  
Ponte Vedra Beach*

**Commissioners do not deserve our trust**

When hearing and voting on rezoning and variance issues, Ponte Vedra's citizens deserve commissioners who we can trust to seek out and consider input from all affected citizens, conduct an open and fair hearing process and follow the input of their own legal counsel and the local zoning board.

Our commissioners' recent hearing of a developer's proposed access road onto Corona Rd. was a travesty of fair process and decision making unworthy of their constituents' trust.

The citizens most adversely affected

by the proposed zoning change did not become aware of the proposal until a few concerned people noticed a single small sign buried in vegetation on the property to be developed and went door to door to gain input the weekend before the County Commissioners Meeting. Yet, as acknowledged by the commissioners at the hearing, they had been meeting with the developer behind closed doors for two years.

The Ponte Vedra Zoning and Adjustment Board recommended denial of the proposed change based on its failure to meet the Land Development Code and danger to many citizens. At the County Commissioners Meeting, the commissioners attempted repeatedly to deny representatives of opposed citizen groups equal time to present their arguments and rebut the developer's. Only after the intervention of the county attorney were those representatives allowed to present their petition and speak. Without adequate explanation, the Commissioners then overruled the recommendation of the Ponte Vedra Zoning and Adjustment Board and the majority of citizens and approved the proposal.

The citizens of Ponte Vedra deserve much better leadership!

*Jane Rollinson  
Ponte Vedra Beach*

## SHORT TAKES

**Local author, Nick Loren, at The BookMark**

Local author Nick Loren will be at The BookMark on Saturday, Feb. 20 at 3 p.m. for a special bookstore launch of his first children's book "Farful Foolong from Oolong Panshoo and the Grey Bubble-Goo."

In addition to introducing his book, Loren will have surprises and fun adventures for everyone.

Loren is an Emmy-nominated television host and personality and has spent nearly two decades jumping off of buildings, taking hits and dangling from speeding cars as the stunt double to Hollywood icon John Travolta. His true enjoyments in life are: being the favorite plaything to his three kids — Tysan, Niki and Destiny; sharing his love with his beautiful wife, Denise; and introducing the adventures of "Farful Foolong" to children everywhere.

The BookMark is located at 220 First St., Neptune Beach. For more information, call (904) 241-9026.

**Players by the Sea Theatre open submission call**

New Voices is Players by the Sea's recently formed New Play Development Process. Starting with an open submission call from Jan. 15 - March 1, 2016, aspiring and acclaimed writers are encouraged to submit 10 new pages of dialogue inspired by a concept they have for a new play.

Writers are also asked to submit a 1-2 page proposal that clearly defines the concept for a new play along with a brief synopsis (keeping in mind that it is absolutely subject to change), reason to why this play would fit the mission of Players by the Sea and New Voices, and why the writer would benefit from a year long development process.

Submissions will be adjudicated locally and nationally by a Panel comprised of theatre and writing professionals. These panelists will select two playwrights who will embark on the year long development process. The accepted playwrights will be announced on April 1, 2016.

After selection, the two playwrights are assigned Dramaturgs who will help guide the play through the entire development process. Once the plays reach a draft that can be rehearsed, auditions will be held and the plays will enter the rehearsal process. Both plays will be fully mounted in April 2017 as part of Players by the Sea's 2016-2017 Season.

This process is open for writers residing in Duval, St. Johns, Clay, and Nassau Counties. Submissions must be sent in PDF format to [neuvoices@playersby-thesea.org](mailto:neuvoices@playersby-thesea.org).

# New BEAM Thrift store opens at 7north

On a biting cold and windy morning of Feb. 5, dozens of volunteers and supporters of the Beaches Emergency Assistance Ministry gathered to celebrate the long-anticipated grand opening and ribbon cutting of BEAM's newest thrift store location at 7north.

The chilly temps didn't deter the line of loyal BEAM (Beaches Emergency Assistance Ministry Inc.) thrift store shoppers who lined up in the early morning hours to be among the first customers of the new, larger store they have eagerly anticipated.

The thrift store is located in the 7north building located at the corner of Third St. and Seventh Ave. N. – the former Jacksonville Beach U.S. Post Office location. The building is owned by Beaches United Methodist Church which neighbors the property. The church spearheaded what will be a number of collaborative partnerships with community and non-profit leaders of local ministries that provide assistance to underserved Beaches residents.

"This store has been a long time in the making," said BEAM Executive Director Susan King. "We had hoped to open last summer and it has been an extraordinary effort by the church, by this group and we are just thrilled and excited."

The new store has tripled the available retail space and made for better parking options and more convenient donation drop-off. This location is the organization's third thrift store. BEAM's first store, located at 1110 Shetter Ave. in Jacksonville Beach opened two years ago. The second location opened last summer in Mayport at 1447 Mayport Rd., Atlantic Beach.

The 18,000 square foot building sat vacant for five years. The building is worth an estimated \$2 million. It recently underwent a complete renovation, made possible through a generous donation and efforts by Pastor Jerry Sweat and the congregation of Beaches United Methodist Church.

The building will eventually house a number of services for the Beaches community. The opening of BEAM Thrift at 7north is the first piece of that vision to begin operation. In March, a satellite location for Feeding Northeast Florida, the community's food bank that serves 17 area counties, will open. The Beaches Community Food Bank will be managed by BEAM and serve as a "Hub-and-Spoke" model for FNEFL. Since the satellite location will have on-site refrigerators and freezers for food storage, it will allow FNEFL to streamline delivery operations to the food bank and make the organization more efficient in the process. The Beaches



Photo provided by BEAM

Blue apron-clad BEAM volunteers rally before the new store location opened its doors to the public on Feb. 5.

Community Food Bank will be a distribution site for the organizations, faith-based agencies and non-profits that feed area homeless and underserved individuals. The third component of services offered will be mental health services that will include advocacy, education and resources.

Beach Church worshippers raised \$1 million in the spring and summer of 2015 for the building's renovations. Additional funds from churches, foundations and individuals will allow for further upgrades to both the exterior and interior of the buildout and a reserve fund for future upkeep, management and maintenance of the property. Operations of 7north will be governed through a board of directors that will be overseeing the mission. Long-term tenant leases and revenue sharing will allow 7north to be a self-sustaining operation.

Neptune Beach Mayor Harriet Pruette and Atlantic Beach Mayor Mitch Reeves also attended the ribbon cutting. "We like to say that we're three cities in one community and this is a good example of that today," Jacksonville Beach Mayor Charlie Latham said before cutting the ribbon.

Annually, BEAM supports more than 20,000 Beaches residents with over \$900,000 of services. Founded in 1985, BEAM helps low-income families and individuals in the Jack-

sonville Beaches area through emergencies and guides them to self-sufficiency. Services include rent and utility assistance, food pantries, an organic garden that provides thousands of pounds of fresh vegetables and fruits to their clients annually, nutritional educational programs and a Back to School program serving about

1,000 kids each year. Revenue generated from thrift store sales go towards BEAM's programs.

"We didn't get here by ourselves. There was a visionary leader of the Beach United Methodist Church (who) really saw this building that had been sitting vacant for so long as a community asset and that church worked very hard to create this space. We're going to be the first of many things going into this building, but it's a very exciting day for us here at BEAM," King said.

The Shetter Ave. and Mayport thrift stores are open Tues.-Sat., 10 a.m.-5 p.m. BEAM Thrift at 7north is located at 318 Seventh Ave. N., Jacksonville Beach and is open Mon.-Sat., 10 a.m.-6 p.m. Donations will only be accepted at the new location. BEAM Thrift can also pick up larger donations. To schedule a pickup, call (904) 853-6246.

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*Pediatric dentist* **Dr. Lindsay Maples** has a lot to smile about these days. Maples is a pediatric dentist and owner of River City Pediatric Dentistry in Mandarin. This year, the practice expanded to include a second location in Ponte Vedra at the Town Plaza Offices at Nocatee. Ponte Vedra Pediatric Dentistry & Orthodontics opened on Feb. 9. “I absolutely love my job and am so excited to get to know more families in Ponte Vedra and help to care of the kids in the area,” she said. If the expansion wasn’t enough to keep her busy, she is also pregnant with her second child and keeps up with a toddler and puppy! Maples lives in Nocatee with her husband, Andy, and their 2-year-old daughter, Maggie.

### **Where are you from originally?**

I was born in Louisiana, but moved to Gainesville when I was six. I went to the University of Florida, where I received a Bachelor of Science [degree] in Exercise Physiology and stayed in Gainesville for dental school. After dental school, I completed my residency in pediatric dentistry at Children’s Hospital of Wisconsin in Milwaukee. After two years up north, I couldn’t wait to return to Florida!

### **Tell me about your family.**

My husband, Andy, and I have lived here for six years. We have a 2-year-old daughter, Maggie, another baby due in June and a puppy named Charley.

### **When did you move to the area?**

My family and I moved to Nocatee a year and a half ago, and we could not be happier. We love our community and have enjoyed getting to know so many great families in the area.

There are always events and activities for our entire family, which has been perfect for our growing family.

### **What do you enjoy doing in your free time?**

In my free time, I love spending time with my family and friends. My favorite thing to do is to watch my daughter develop her own personality and become her own little person. Other than that, I truly enjoy running, working out and cooking.

### **When will the office be opening?**

The new office, Ponte Vedra Pediatric Dentistry and Orthodontics, will be open Feb. 9. I absolutely love my job and am so excited to get to know more families in Ponte Vedra and help to care of the kids in the area.

We will also have an orthodontist, Dr. Derek Hoffman, in the office twice a month, which will allow us to better serve our patients by offering orthodontic care.

### **What kind of services will you be offering or specializing in?**

As a pediatric dentist, I am dedicated to providing children with quality dental care in a positive, gentle and caring environment. My staff and I know that going to the dentist can sometimes prove to be a scary process for kids, so we are focused on making them have fun and feel comfortable and safe at every single appointment.

Our advanced training in the area of pediatric dentistry allows us to offer the best possible treatment options to children of all ages.

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\* 21% gratuity added to food and beverage purchases. Not available for downgrade to current members. ONLY available to individuals residing outside the gates of Marsh Landing Country Club. Not available to former Marsh Landing members who resigned within 24 months.



Photos provided by Suzanne Raybuck

In one day, the Nease High School cafeteria was transformed into a soup-tasting event that hosted 20 local chefs and restaurants in order to benefit the First Coast Blessings in a Backpack program that feeds hungry children in St. Johns County Schools.

## Nease/VRA students score touchdown with SOUPer Bowl

**Suzanne Raybuck**  
Community Submission

Students at Allen D. Nease High School and Valley Ridge Academy tackled hunger in St. Johns County at this year's first SOUPer Bowl soup tasting event.

The soup tasting event was held on Feb. 4 and featured 20 local chefs and their gourmet soups. The aim of the event was to raise \$10,000 to benefit the Blessings in a Backpack service program at Nease, and specifically intended to add Webster Elementary students-in-need to the program. The event exceeded their goal through the help of corporate sponsors, donors and event attendees and ended the night with more than \$20,000 to help fight hunger in St. Johns County.

The SOUPer Bowl featured local chefs from restaurants including The Floridian, The Ice Plant, Smoothie Fresh, The Raintree, and Blue Bamboo. There were also gourmet mocktails donated by Monin, and a bread table donated by Sysco Foods who also donated all the napkins, soup cups, and spoons for the event.

The sold out event received wonderful feedback from chefs and attendees. Chris Carabene, a chef from The Raintree explained that "giving back is the primary reason we attend these



The SOUPer Bowl Project Team of (from left to right) Becky Dykstra, Pam Wolfe, Kim Raybuck, Nease Principal Kyle Dresback, Patti Ann Ferrar, Dawn Koppenhofer, Kristi Mansouri and Amrita Bhargava pose with the check they presented to First Coast Blessings in a Backpack. The total proceeds of the event amounted to over \$20,000.

charity events. Our priority is to reach out and to these kids and help them as much as we can." Tammy Moorefield, a mother of two Nease students, said, "It's a phenomenal opportunity to support a local charity."

The proceeds of the event were presented to the First Coast Blessings in a Backpack program in the form of a giant check. Robbin Ossi, a founding volunteer of St Johns County Blessings in a Backpack, explained, "The event was supposed to be a prototype to see if it could be an annual event [to

benefit Blessings in a Backpack], and it's been wonderful!"

More than 150 St. Johns County student volunteers helped to orchestrate the event. The volunteer force behind the event included Culinary Program students from St. Johns Technical College, Nease Hospitality and Tourism students, Nease art students, Nease senior and junior IB students. The Culinary students acted as sous chefs, assisting the restaurant chefs for most of the event. Hospital-

ity and Tourism students were hosts and hostess, as well as representatives for their Academy Showcase. Nease art students worked in the weeks before the event to create complimentary bowls for attendees to select and take home. Nease IB students acted as registration assistants, public relations teams, photographers and Ambassadors.

Ambassadors were paired with Valley Ridge Academy students who also worked at the event, together with their Nease counterpart, to welcome people and to assist throughout the event. Atharva Taiwade, a Nease junior, commented, "The volunteers were extremely helpful. They guide you to the right place and point out all the important stuff." The joint effort between Valley Ridge Academy and Nease was created in order to benefit both of their Blessings in a Backpack efforts to feed fellow St. Johns County students.

Blessings in a Backpack is a national program that provides much-needed weekend food to children-in-need. Nearly 500 St Johns County students are currently served by the Blessings in a Backpack program, with many more on waiting lists. The cost to feed one student for the entire school year is \$100. For information on how to donate, please email [StudentsTackleHunger@gmail.com](mailto:StudentsTackleHunger@gmail.com).



# Candidates speak to Republican Club about election

## Conrad, Lareau vie for County Clerk of Courts

**Kelly H. McDermott**  
The Recorder

While the presidential election has captured the imagination and attention of the vast majority of voters, the voters of St. Johns County will have an important decision to make on Election Day this year. Voters will choose between two candidates to elect the next St. Johns County Clerk of the Circuit Court and Comptroller.

The two candidates, Governor-appointed current Clerk Hunter Conrad and 32-year clerk of courts office veteran George Lareau, spoke on Monday to those gathered for a meeting of the Republican Club of Greater St. Augustine. The candidates spoke about their backgrounds, answered moderated questions and fielded questions from club members.

The Joint Select Committee on

Judicial Personnel of the Florida Legislature calculates that the Clerk and Comptroller's Office performs close to one thousand different constitutional and statutory functions. The Clerk's office acts as the clerk to the Board of County Commissioners, the clerk to the judiciary and is the custodian of records for the clerk system. The clerk also plays a role as an auditor for the county.

"We don't write the budget," said Conrad in describing the position. "We make sure that [the commissioners] are spending the money appropriately as laid out by the county. It's a vital piece of the administration of the county."

But in terms of day-to-day function, much of what the Clerk does centers on individuals in the county.

"In addition to making sure land transactions are recorded without errors, making sure court proceedings are accurately reflected in the docket, paying the county's bills — the Clerk's duty is to serve the public," said Lareau.

Conrad, 29, was appointed as St. Johns County Clerk of Courts by Florida Gov. Rick Scott in October 2015. Conrad filled the vacancy gen-

erated by the resignation of Cheryl Strickland. Conrad is a St. Augustine attorney, who previously practiced with Canan Law and served as an assistant state attorney in the Seventh Judicial Circuit. He also holds an accounting degree.

"As a citizen of St. Johns County, I find it disappointing that someone in charge of an office that's running well could be replaced by someone with no experience," said Lareau, who is also running for the seat. "I trust the voters will remedy this."

Lareau boasts more than three decades working in the St. Johns County Clerk of Courts office and was appointed as interim Clerk by a Seventh Circuit judge before Conrad was appointed. Lareau served as deputy chief clerk for 19 years, but says that if elected, he would eliminate the position in order to streamline the office and cut costs.

Lareau spoke about the hands-on experience he would bring to the seat, while Conrad relied on his plans for the future to entice voters.

"Government has gotten out of control. It's too big — it's only getting bigger," said Conrad. "At least, at the local level, if we can do things

to maintain common sense, fiscally conservative solutions, that's what I want to do."

Lareau spoke about the many changes the clerk's office has implemented during his tenure in order to serve the county with the best resources available.

"I've been involved in transitioning the clerk's office from a system of manually storing records in books and ledgers to one of the best and most progressive Clerk's Offices in the state of Florida," Lareau said. "We have clerk's offices from all over the country come to St. Johns County to see how we do things because we do them so well."

Lareau framed himself as a successor in a line of exemplary Clerks.

"Try and find a negative article about your St. Johns County Clerk's office," he said. "You will not find one because [Carl] 'Bud' Merkel did it right, Cheryl Strickland did it right, and under Cheryl's leadership, I did it right. I'll continue to do it right."

The vote for the St. Johns County Clerk of Courts and Comptroller will be on the Nov. 8, 2016 ballot, and the winner of the seat will take office in January 2017.

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Laura Torrey



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**NOCATEE**  
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**VISTA DEL MAR**  
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## SHORT TAKE

### Bag Lady Luncheon at The Cultural Center at Ponte Vedra Beach

The 2016 Bag Lady Luncheon is Wednesday, Feb. 24 from 11 a.m.-1 p.m. at Sawgrass Country Club.

The Bag Lady Luncheon features a silent auction with over 100 handbags donated by individuals and retailers. Introduced by the Friends for the Arts in 2013, Bag Lady Luncheon has

grown to become the group's most popular fundraiser, raising nearly \$50,000 since its inception for The Cultural Center at Ponte Vedra Beach.

A portion of the net proceeds will benefit Music Therapy for Children with Special Needs, an outreach program created by the CCPVB.

Individual tickets are \$40. Table sponsorships for 12 individuals are \$465. For more information or to purchase tickets, call Dee at (904) 280-0614 ext. 205.

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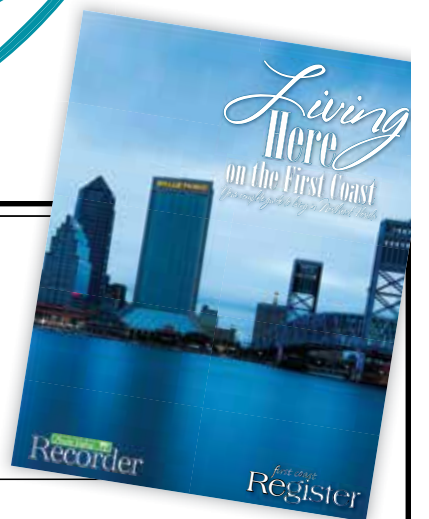
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# Pack 277 celebrates anniversary, group advancements

**Kelly H. McDermott**  
The Recorder

There was a sea of blue and gold at this year's local Pack 277 scouting gathering, celebrating the achievements

**"Blue & Gold"**

"B is for the boys dressed in blue and gold today.  
"L is for the Scout Law that guides our way.  
"U is for the universe that we can explore.  
"E is for everyone who helps us learn.  
"G is for the goodwill we strive to give.  
"O is for the opportunity to grow and to live.  
"L is for the laughter that brightens each day.  
"D is for doing our best the Cub Scout way."

of its scouts along with Boy Scouts of America's 106th birthday on Jan. 29.

The Pack meets at and is hosted by Christ Episcopal Church in Ponte Vedra Beach. The scouts and their families met in the main parish hall to celebrate the annual tradition with skits, raffles, pack advancements and

a special ceremony for the boys crossing over from the



The group is seen with Pack Leader Tom Peterson.

Webelos II program.

The event is truly a home-grown ceremony, according to pack mom and major supporter Christine Mack.

"It's as local as can be, from the families all living here, the

church hosting us, the businesses donating," Mack said. "Even the volunteers working the banquet came from Ponte Vedra High School."

Led by Tom Peterson, there are 55 boys from first to fifth

grade enrolled in Pack 277, separated by age group. From youngest to oldest, the five groups are Tigers, Wolves, Bears, Webelos I and Webelos II.

"Here in Ponte Vedra Beach

we are so fortunate to have strong community support and restaurants and businesses sponsor the banquet itself," said Mack. "Our feast would not have been possible without their support."

Local businesses donated banquet items, which served more than 200. Woody's BBQ provided mashed potatoes, macaroni and cheese, gravy, sweet tea and lemonade; Publix donated fried chicken; Winn Dixie sent turkey breast and beef brisket and Ruth's Chris Steak House sent chocolate mousse cakes. Sierra Grille, Pusser's, Fresh Market and Chick-Fil-A also offered desserts and side dishes.

The event also included a pack fundraiser. Families and pack members collected canned, boxed and dried food items for BEAM.

"During dinner we were entertained by a great Slide Show — with special thanks to Seck Lim," said Mack. "These Cub Scouts, like Cub Scouts all over the world, have worked together and developed new interests which will make them better citizens of our country and of the world."

Photos provided by Christine Mack



ABOVE: Den 2/Den Leader Mardee Morris, receiving their Tiger Badge were (from left to right): Andrew Loo, Lucas Roache, Spencer York, Baker Holloway and Jake Morris

RIGHT: Gottschalk's Den (Den 3) Den Leader Dave Gottschalk. Receiving their Bear badges (from left to right): third graders Joey McMahon, Warren Johnson and Ray Gottschalk.



Ellie's Den (Den 1) Leader Rick Wicker. Receiving their Wolf Badges (from left to right): second graders, Kirtland Harrington, Danny Gimbel, Owen Wicker, Shane Sissons, Jack Goetz, Aiden Eppstein and Zane Swierz



Den 6, Leader Scott Walker. Receiving their Webelos badge (from left to right): fourth graders Max Armstrong, Martin Mack, Nate Walker, Gavin Walker, George Auchter, Wade Morris, Rohan Jones, Ben Blatt.

**COMMUNITY NEWS BRIEFS**

**Rotary Club of Ponte Vedra Beach seeks scholarship applicants**

The Rotary Club of Ponte Vedra Beach Sunset Foundation will be awarding two scholarships in the amount of \$1,000 each to two high school juniors or seniors who have demonstrated an outstanding commitment to community service and exemplify the Rotary motto, "Service Above Self." Scholastic achievement is also taken into consideration when selecting scholarship recipients.

The Rotary Club of Ponte Vedra Beach Sunset is a member of Rotary International, an organization of business and professional people dedicated to humanitarian service and international understanding.

To be eligible, a student must be a junior or senior in good standing at Ponte Vedra High School or Allen D. Nease High School. The student should be planning to attend a four-year college, a two-year college, a trade school or a vocational/technical school with a program of study of one year or longer. Immediate relatives of Rotarians are not eligible

for this scholarship.

All applications should be mailed to Ronald Mott, President, The Rotary Club of Ponte Vedra Beach Sunset, P. O. Box 612, Ponte Vedra Beach, FL 32004. Completed applications must be received on or before Feb. 27. Any applications received after the deadline will NOT be considered. Awardees will be announced on or during the week of March 30.

Applications must include a completed application, three letters of recommendation, the "Service Above Self" essay and a copy of the student's high school tran-

script. For more information on the scholarship or joining Rotary, please contact President Ronald Mott at (904) 460-7092 or e-mail [hojron@aol.com](mailto:hojron@aol.com).

**Campbell documentary screening presented by Arbor Terrace**

Arbor Terrace is hosting a community screening of "I'll Be Me: A Family Story From The Heart" on Tuesday, Feb. 16, at 6:30 p.m. The documentary is a journey through stages of dementia, allowing

COMMUNITY NEWS continues on Page 14

# The Truth About Ponte Vedra "Preserve"

*The proposed Ponte Vedra "Preserve" is being built on federally designated wetlands*



Map is approximate. USFWS Wetlands Map available online at [www.fws.gov/wetlands/data/mapper.html](http://www.fws.gov/wetlands/data/mapper.html)

- Freshwater Emergent Wetland
- Freshwater Forested/Shrub Wetland

According to USFWS only 9% (3.2) acres are coded as upland/hardwood forests. The remaining 91% is a mix of mixed scrub/scrub wetland.

The dark green is Freshwater Forest/Shrub Wetland which is designed to be "Seasonally Flooded."

The light green is Freshwater Forest/Emerging Wetlands which is designed to be "Semi-Permanently Flooded."

## Get the Facts

This map from the National Wetlands Inventory shows the property where GreenPointe is proposing to build

**Houses are being built on wetlands.**

**This property serves as a floodplain for The Guana, which is one of only 28 Federally protected Estuarine Research Systems in the US.**

**Just because you have zoning for two homes per acre, does NOT mean you have buildable land.**

**Build responsibly and legally on the uplands NOT the wetlands**

## BUSINESS NEWS

**Marsh Creek Country Club acquired by ClubCorp from PARC Group**

Dallas-based ClubCorp announced this week the acquisition of Marsh Creek Country Club, a premier private country club in St. Augustine. ClubCorp is planning a capital project that will bring new amenities, improvements and upgrades to the club.

"Marsh Creek is a beautiful facility offering one of the finest experiences in North Florida," said Eric Affeldt, ClubCorp president and CEO. "With an active membership base, Marsh Creek is a perfect complement to our nearby clubs and to the rest of the ClubCorp Network."

Marsh Creek Country Club marks the 10th club acquired by ClubCorp in the past 12 months. The company's presence in the Jacksonville area also includes Deercreek Country Club, Queen's Harbour Yacht and Country Club and the University Club of Jacksonville located in the heart of downtown, as well as LPGA International in Daytona Beach.

"ClubCorp is an ideal fit for the members and community," said Roger O'Steen, president and owner of Marsh Creek Club Corp, original developer of the Marsh Creek Country Club Community, and owner of the club for the past 29 years. "They are committed to quality and offer members such a great experience at all their clubs." O'Steen also is the founder and chairman of the PARC Group, the developer of Nocatee, Pablo Creek Reserve, Crosswater at Pablo Bay and other prominent northeast Florida communities.

Marsh Creek features an 18-hole golf course, situated between the gated community homes and natural marshland, designed by former PGA touring professional, Mark McCumber. Amenities include a clubhouse offering upscale and casual dining, Tennis Center with 10 Har-Tru clay courts (six of which are lighted for night play), fitness and aerobics rooms, pool, and private event space.

ClubCorp is a leading owner-operator of private golf and country clubs and private business clubs in North America. ClubCorp owns or operates a portfolio of over 200 golf and country clubs, business clubs, sports clubs, and alumni clubs in

26 states, the District of Columbia and two foreign countries that serve over 430,000 members, with approximately 20,000 peak-season employees.

**ELM celebrates completion of Shearwater residential community**

Jacksonville planning and design firm ELM, Ervin Lovett Miller, celebrated the completion of model homes and the opening of the new Shearwater master-planned residential community on County Road 210 in St. Johns County late last month.

Located in an ecologically-sensitive setting alongside the headwaters of Trout Creek, the 1,500-acre Shearwater community has been planned and designed by ELM to integrate more than 600 acres of preserved native landscape and to create an interconnected network of trails and open spaces that create unique interactions between people and nature.

"Shearwater has been carefully designed to fit sensitively into the native landscape, with parks, open spaces and 13 miles of trails that link residential neighborhoods together, and to engage with the property's most impressive natural features. We're excited to see how this community's unique design will support an intentional culture of health and wellness that allows its residents to thrive within this beautiful natural context," said ELM partner Steve Lovett.

Shearwater is located at 206 Shearwater Parkway, St. Augustine, FL 32092.

**Ponte Vedra Beach Realty exclusively represents Christie's brand**

Christie's International Real Estate announced this week that Ponte Vedra Beach Realty, Inc. has been selected to join its exclusive organization of the world's top luxury brokerages. The real estate arm of Christie's, the world's leading art business, Christie's International Real Estate encompasses a global base of more than 32,000 sales associates in 47 countries and a combined annual sales volume of approximately US\$113 billion.

"The esteemed Christie's brand is a powerful marketing tool, not only locally but internationally," says Rick Moeser, Senior Vice President of Christie's International Real Estate in the Southeast, U.S. Mountains, Caribbean and South and

Central America. "Through our global reach, high net worth individuals around the globe will be introduced to Florida's Ponte Vedra luxury lifestyle. We look forward to working with Ponte Vedra Beach Realty, Inc., which has served this north Florida area for over 20 years with the same dedication to client service which is the hallmark of the Christie's brand."

"To be exclusively selected to represent the Christie's International Real Estate brand in North Florida is a huge honor for Ponte Vedra Beach Realty, Inc.," said Kim Davis, Broker/Owner/President of the established full-service real estate firm. "We are committed to excellence, and excited about the opportunity to continue setting ourselves apart by working alongside such a distinctive brand -- and on a global scale. Ponte Vedra Beach and its surrounding North Florida region is an amazing place to work, live and play. As the newest Christie's International Real Estate Affiliate, we are thrilled to introduce the network's elite clientele to this special location for fine real estate."

**PV resident named to Episcopal School Board of Trustees**

The Episcopal Board of Trustees welcomed alumnus John C. (Jack) Schmidt '70 as its newest member in January. His appointment was approved by the Vestry of St. John's Cathedral on Jan. 21.

Schmidt has given his time to Episcopal for many years. He has served Episcopal as a class representative through the Alumni Association since 2010 and was a member of the Alumni Board from 1977-1982.

"Episcopal has been a big part of our family since the beginning. I can remember my dad going to meetings to lay the groundwork for this great School," said Schmidt. "I am very honored to be chosen to serve on the board and look forward to working with the staff, faculty, alumni and other board members to continue Episcopal's great legacy."

Schmidt has served on the board of trustees for the Winston Family YMCA, and the Beaches Museum and History Park. He has also served the United Way of St. Johns County and the Rotary Club of Jacksonville. Schmidt is a member of Christ Church in Ponte Vedra. Schmidt graduated from the University of Georgia and for many years owned and operated Carlson Wagonlit Travel, a retail travel agency franchise with nine offices in Jacksonville and Orlando. He and his wife Lori have three children, Kathryn, Lauren and Andrew, and five granddaughters.

**Reappointment to Seventh Judicial Nominating Commission**

Christopher J. Greene, Esquire has been reappointed by Governor Rick Scott to the Seventh Judicial Nominating Commission ("JNC"), where he currently serves as Chairman. Christopher J. Greene, Esquire is a partner with Purcell, Flanagan, Hay & Greene, P.A. For more, visit [www.pfbglaw.com](http://www.pfbglaw.com).

—Compiled by Kelly H. McDermott

## Community News

Continued from 13

the screening, which will be hosted at Congregation of Ahavath Chesed, 8272 San Jose Blvd., Jacksonville. RSVP by Feb. 15 to [itbrasher@arborcompany.com](mailto:itbrasher@arborcompany.com).

**Book Talk Cafe presents award-winner Patrick Kendrick**

Florida Book Award-winner Patrick Kendrick is the featured author for this month's Book Talk Café program at the Ponte Vedra Library. Kendrick, a former fire fighter and freelance writer, will appear on Monday, Feb. 22, at 6:30 p.m.

Kendrick's first novel, "Papa's Problem," an historical mystery, won the Florida Book Award. His second book, "Extended Family," a dark thriller, earned a starred review on Booklist. His third book, "Acoustic Shadows," was published by Harper Collins in June, and his first young adult book, "The Savants," was published by Suspense Publishing in September.

Kendrick was a Florida state certified firefighter, paramedic, special ops technician, fire instructor and chief officer. Aside from his writing, he is the CEO of Fire O.W.L., a fire training and consultant company.

Book Talk Café is presented by the Friends of the Ponte Vedra Library, and is free and open to the public. The author's books will be available for sale and light refreshments served. For more information contact Vic DiGenti at [vicdig@mac.com](mailto:vicdig@mac.com).

**February Whistle Talk: Marlene Kenny, the "Room Rescuer"**

On Thursday, Feb. 18, Marlene Kenny the "Room Rescuer" will be presenting a Whistle Talk at the Beaches Museum's Chapel. The program will focus on helping attendees refresh their home, renew their style, and repurpose what they already have by incorporating it with new color and fresh ideas.

Attendees will learn about resources, including the Beaches Museum photo collection, to use family history, memories and memorabilia to make their home their own and to bring a cohesive style.

Beginning at 5:30 p.m. at the Museum's Chapel the talk is free to members with a suggested \$5 donation from non-members. For more information, call 904-241-5657 or visit [www.beachmuseum.org](http://www.beachmuseum.org).

**Sing into Spring at Palms Presbyterian**

Palms Presbyterian Church announced this week the Fine Arts Series concert, Sing Into Spring

COMMUNITY NEWS continues on Page 17

P V C D  
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## NOCATEE HAPPENINGS

# Western fun at Country Concert Hoedown

Nocatee adults kicked off February in their flannels and boots for an evening full of live music by Dirt Floor Crackers and line dancing at the community's Country Concert Hoedown, hosted at Crosswater Hall. There was even a mechanical bull on the Crosswater Green for some of the more adventurous residents. A full bar was available upstairs in the Nocatee Room, serving everything from beer, wine, and our specialty cocktail "The Southern Gentleman."

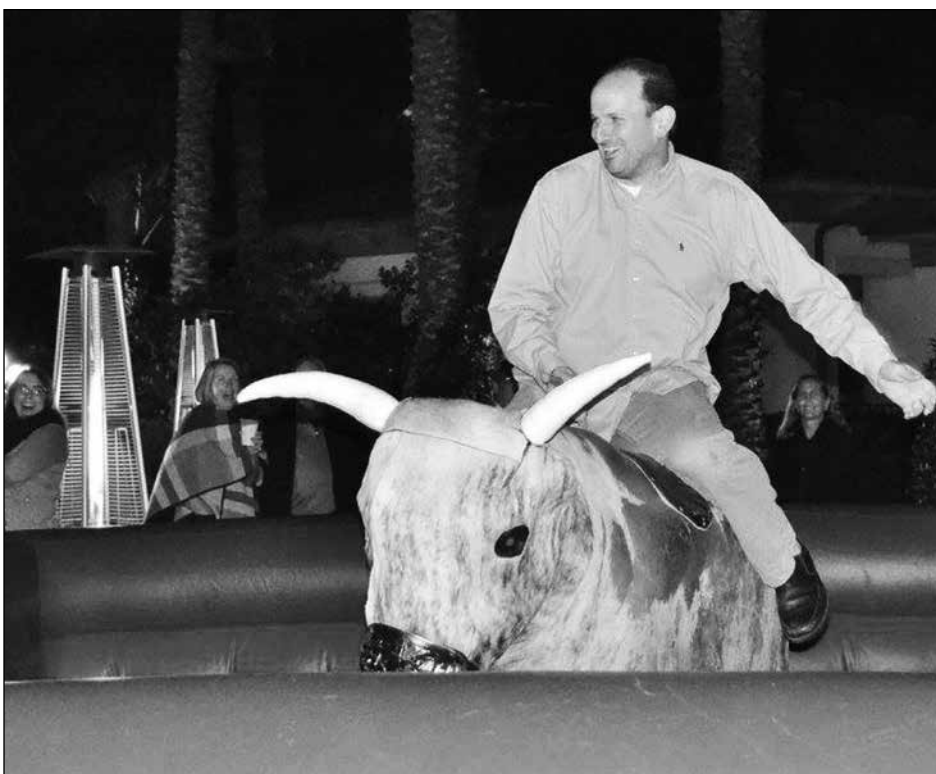
Photos provided by **Nocatee**



Jaimini Parikh Fugiel



Dirt Floor Crackers



Domenic Gaglianese

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# Community News

Continued from 14

featuring The University of North Florida Chamber Singers, Chorale and The Osprey Men's and Women's Choruses on Friday, Feb. 12, at 7:30 p.m. in its Sanctuary.

Since 2006, under the leadership of Director of Choral Activities Dr. Cara Tasher, The University of North Florida choral

ensembles have toured to Italy, Portugal and South Africa, performed at the 2013 state American Choral Directors Association conference, the 2014 Southern division ACDA convention, with the Royal Philharmonic Orchestra in 2009 and are regular collaborators with The Jacksonville Symphony Orchestra.

All concerts are free, open to all and nursery is provided. For more information about Palms, visit [www.palmschurch.org](http://www.palmschurch.org) or call, 904-246-6427.

**MONTCLAIR BEAUTY - CLOSE TO BOLLES SCHOOL**



You'll love this gorgeous, 1-story mid-century modern home with spectacular views of the stately oak trees in Jacksonville's Montclair neighborhood! This beautiful 3 bedroom, 3 bathroom sun-filled home w/ a 2 car garage sits on a corner lot with over 3100 sq. ft. This mid-century modern beauty is just minutes to the Bolles School. Purchased by Sawgrass residents and Bolles parents, a second home in San Jose gave them much more family time and a great real estate investment!  
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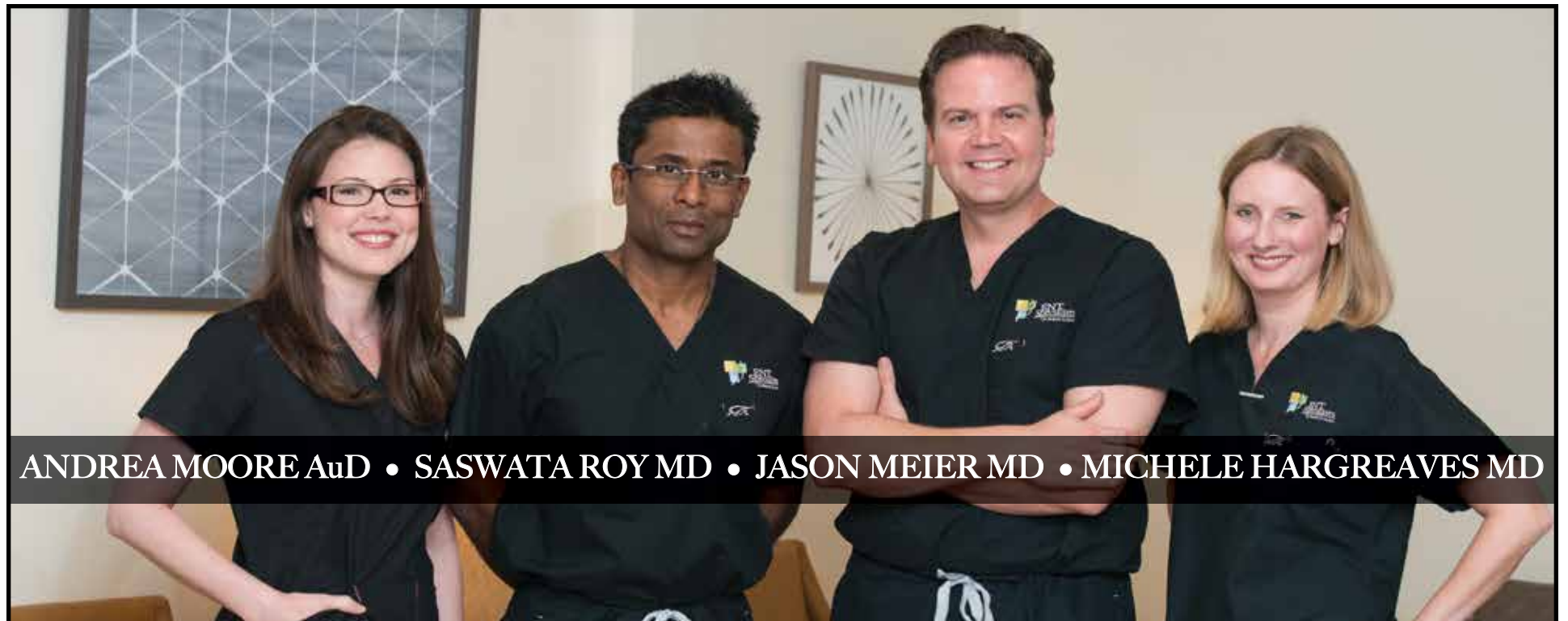


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Thursday, Feb. 11	Friday, Feb. 12	Saturday, Feb. 13	Sunday, Feb. 14
<p><b>'Heart of the Runway' fashion show</b> The "Heart of the Runway" luncheon and fashion show is Thursday, Feb. 11 from 11 a.m.-1:30 p.m. at Linda Cunningham's, 1049 Kings Ave., Jacksonville. This event is a benefit for North Florida School of Special Education. Call (904) 399-4864 for details.</p> <p><b>Fashion show at Momentum Wellness</b> Momentum Wellness has partnered with Athleta and will be hosting a fashion show event, showcasing Athleta's 2016 spring collection of athleisure-wear and workout attire. The event is Thursday, Feb. 11. Doors open at 6:30 p.m. Momentum Wellness is located at 5150 Palm Valley Road, Suite 103, Ponte Vedra Beach. Please call for your free tickets to this event, (904) 395-3266, or email <a href="mailto:info@getmomentumfit.com">info@getmomentumfit.com</a>.</p> <p><b>David Yurman Gemstone Challenge</b> The David Yurman Gemstone Challenge at Underwood Jewelers' Ponte Vedra Beach location is Thursday, Feb. 11 from 6-8 p.m., by invitation only. Contact the Ponte Vedra Woman's Club and get on the guest list. Guess the number of gems and win a \$1500 gift certificate. Purchase raffle tickets to win a David Yurman Bracelet. Stop by their store or go to the PVWC website at <a href="http://www.pontevedrawomansclub.com">www.pontevedrawomansclub.com</a> and purchase you tickets. The event will benefit Haven Horse Ranch. Additionally, 10 percent of the proceeds from the sale of David Yurman jewelry from Feb. 12-14 at the Underwood Jewelers in Ponte Vedra Beach will benefit Haven Horse Ranch.</p> <p><b>Chapel Concert Series: Jim Suhler</b> Jim Suhler will perform Thursday, Feb. 11 at the Beaches Museum Chapel, 505 Beach Blvd., Jacksonville Beach. Tickets are \$20 for the show in advance, \$25 day of show. Prior to the concert, dinner by MoJo's BBQ will be available for a suggested donation of \$10 (weather permitting). Food and drinks at 6 p.m.; the concert starts at 7 p.m. All proceeds benefit the Beaches Museum &amp; History Park. For more information, call (904) 241-5657. To purchase tickets, visit <a href="http://www.beachesmuseum.ticketleap.com/concert-series-jim-suhler">www.beachesmuseum.ticketleap.com/concert-series-jim-suhler</a>.</p>	<p><b>Sing Into Spring at Palms Presbyterian</b> Palms Presbyterian Church is pleased to announce the Fine Arts Series concert, Sing Into Spring featuring The University of North Florida Chamber Singers, Chorale and The Osprey Men's and Women's Choruses on Friday, Feb. 12 at 7:30 p.m. in the church sanctuary. All are welcome to join Palms as they connect and celebrate the gift of music at this special concert. All concerts are free, open to all, and nursery is provided. Palms Presbyterian Church is located at 3410 S. Third St., Jacksonville Beach. For more information, visit <a href="http://www.palmschurch.org">www.palmschurch.org</a> or call (904) 246-6427.</p> <p><b>Beaches Fine Arts concert</b> The Beaches Fine Arts Series presents Voice on Friday, Feb. 12 at 7:30 p.m. at St. Paul's Episcopal Church, 465 11th Ave. N., Jacksonville Beach. Voice is a London-based, female a cappella trio performing repertoire spanning both ages and continents. Formed in 2006, Voice performs secular and non-secular music from the medieval music of Hildegard of Bingen, to twenty-first-century commissions, and songs from around the world. Their distinctive sound is driven by individual voices that blend to create beautiful harmonies. The concert is free and open to the public. For more information, call (904) 270-1771 or visit <a href="http://www.beachesfinearts.org">www.beachesfinearts.org</a>.</p> <p><b>'Mothers and Sons'</b> Players by the Sea presents "Mothers and Sons" Feb. 12-27. This Tony nominated Broadway hit examines the evolving definitions of marriage and family. During the run of the show, visual artist Jami Childres will have her work featured in the Grune Family Gallery. Performances are Feb. 12, 13, 18, 19, 20, 21, 25, 26 and 27 at 8 p.m. with Sunday matinees at 2 p.m.. General admission tickets for all performances are \$23; \$20 for students, seniors and military. Thursday Student Nights offer half price admission with a valid student ID. The theater is located at 106 Sixth St. N, Jacksonville Beach For information or to purchase tickets, call (904) 249-0289 or visit <a href="http://www.playersbythesea.org">www.playersbythesea.org</a>.</p>	<p><b>EMMA Concert Association concert</b> EMMA Concert Association and Flagler College present "The Hollywood Concert Orchestra: Music that 'Made' the Movies" on Saturday, Feb. 13 at 7:30 p.m. at Lewis Auditorium, 14 Granada St., St. Augustine. Tickets are \$40 (\$5 for students) and may be purchased in advance at <a href="http://www.emmaconcerts.com">www.emmaconcerts.com</a>, by phone at (904) 797-2800, or at the door. The box office opens one hour before the performance.</p> <p><b>The James Hunter Six</b> The Ponte Vedra Concert Hall presents, The James Hunter Six, performing live Saturday, Feb. 13. Tickets are \$45 for the first six rows; \$35 for all remaining rows. Doors open at 7 p.m.; show starts at 8 p.m. For more information or to purchase tickets, visit the Ponte Vedra Concert Hall or St. Augustine Amphitheatre box offices or visit <a href="http://www.pvconcerthall.com">www.pvconcerthall.com</a>.</p> <p><b>Beaches Green Market</b> The Beaches Green Market is every Saturday from 2-5 p.m. at Jarboe Park (intersection of A1A and Florida Blvd.) For more information, call (904) 710-2022 or visit <a href="http://www.beacheslocal-foodnetwork.org">www.beacheslocal-foodnetwork.org</a>.</p> <p><b>Second Saturday Family Seining</b> The GTM Research Reserve will host Family Seining on the second Saturday (Feb. 13) from 8:30-10:30 a.m. Join staff and/or volunteers for a guided family seining activity. Visitors will get the chance to pull a seine net through Guana Lake, collecting species of fish, crabs and more, and then learn about the animals and their roles in the habitat. All necessary gear, including waders and boots, will be provided. There is a \$3 per vehicle parking fee. The event is free. Please meet the guides at Guana Dam Recreational Area. They will be located at either the north or south boat launch, depending on the tide. For more information, call (904) 823-4500 or go to <a href="https://gtmresearchreserve-explorations.eventbrite.com">https://gtmresearchreserve-explorations.eventbrite.com</a> to reserve a spot online. If spaces are full, a Family Seining event is also offered on the fourth Saturday of the month.</p>	<p><b>Dave Mason's Traffic Jam concert</b> Take a journey back to the greatest days of rock with Dave Mason's sight and sound experience, Traffic Jam, Sunday Feb. 14 at the Ponte Vedra Concert Hall. Mason, Rock and Roll Hall of Famer and co-founder of the legendary band Traffic. Tickets are \$59 for the first nine rows; \$49 all remaining rows. Doors open at 7 p.m.; show starts at 8 p.m. For more information or to purchase tickets, visit the Ponte Vedra Concert Hall or St. Augustine Amphitheatre box offices or visit <a href="http://www.pvconcerthall.com">www.pvconcerthall.com</a>.</p> <p><b>'The Grapes of Wrath'</b> Limelight Theatre presents, "The Grapes of Wrath," Jan. 22 through Feb. 14 with a special preview Friday, Thursday, Jan. 21. Showtimes are at 7:30 p.m. Thursday through Saturday and 2 p.m. Sunday. Limelight Theatre is located at 11 Old Mission Ave., St. Augustine. For more information, call (904) 825-1164 or visit <a href="http://www.limelight-theatre.org">www.limelight-theatre.org</a>.</p> <p><b>Collection Tour</b> Join the Summer Museum of Art and Gardens us on Sundays for a guided tour of our permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p><b>Practice with Purpose at Big Fish Yoga</b> Practice with Purpose is an all-level yoga class offered on Sundays from 4-5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga has relocated to the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South 3rd St. For more info. call (904) 372-0601.</p> <p><b>Annual Activity Member</b> Become an Annual Activity Member at The Players Community Senior Center! There are so many reasons to become a member: discounts on fee-based classes, designated events and Coastal Travel, complimentary participation in a wide variety of scheduled activities, to name a few! Please call Darlene Mahany at 280-3233 for all the details.</p>

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Monday, Feb. 15	Tuesday, Feb. 16	Wednesday, Feb. 17	Thursday, Feb. 18
<p><b>Caregiver Support Group</b> The Players Caregiver Support Group meets every Monday 12:00-1:00 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. It is a great opportunity for caregivers to share resources and ideas. For more information, call (904) 280-3233.</p> <p><b>Travel Training Program</b> The Council on Aging announces a Travel Training program designed to assist seniors in learning to ride the Sunshine Bus. If you are curious about expanding your transportation options or you would like to increase your confidence as a bus rider, let one of our trained volunteers assist you in navigating routes, reading time tables and making transfers. If you are interested, please contact the Mobility Manager at the Council on Aging, (904) 315-6505, or email Katie Arnold at karnold@stjohnscoa.com.</p> <p><b>Life Enrichment Group</b> The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m.-2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email life_enrichmentgroup@yahoo.com.</p> <p><b>Mental Health Recovery Support</b> Support is free to the public and facilitated by Georgia, Florida Certified Peer Specialist, Whitney Bolin. By appointment only M-F, contact at 770-403-4991 or whitneybat76@gmail.com. In addition, she facilitates a MH Recovery Group at Flagler Hospital from 2- 4pm every Tuesday.</p> <p><b>Sunshine Center Volunteers</b> The adult day center located in the Coastal Community Center is seeking creative volunteers to assist with simple arts &amp; crafts projects with seniors Mondays through Fridays from 12:30-2:30 p.m. For info, call (904) 209-3686.</p>	<p><b>Arbor Terrace Life Enrichment Group</b> The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m.-2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit www.at-pontevedra.com.</p> <p><b>Sunset Rotary Club weekly meeting</b> The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6-7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call Club President Ron Mott at (904) 460-7092 or email HOJRON@aol.com.</p> <p><b>Palm Valley Farmers Market</b> The Palm Valley Farmers Market takes place every Tuesday from 1:30-5:30 p.m. at the Palm Valley Community Center, 148 Canal Blvd. in Ponte Vedra Beach.</p> <p><b>St. Johns Reads event: Book Discussion</b> The Ponte Vedra Beach Branch Library is hosting a Book Discussion Tuesday, Feb. 16 from 2-3 p.m. Everyone is invited to join in the discussion of this year's St. Johns Reads selection, To Kill a Mockingbird by Harper Lee. This novel will provide lively conversation whether you're experiencing Harper Lee's beloved novel for the first time or re-reading the classic. The library is located at 101 Library Blvd. For more information, call (904) 827-6950.</p> <p><b>Talk with a Doc: Listen to your Heart</b> Take part in Heart Health month by joining Dr. Satpathy on Wednesday, Feb. 16 at noon as she discusses the structure of the heart, what your heart may be trying to tell you, what valve disease is, and the newest treatments options available. This free event is open to the community. Reserve your space today at baptistjax.com/ymca or by calling (904) 202-5376. Talk with a Doc will take place at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra.</p>	<p><b>Marineland River-To-Sea Trail Walk</b> On Wednesday, Feb. 17, from 9-10:30 a.m., take a guided trail walk at the River-to-Sea Preserve. Step into the ancient Florida coastal woodlands along the preserve trail and learn how Native Americans once thrived there on nature's bounty. Your GTM Research Reserve interpretive guide will point out indigenous plants bordering the trail to the Matanzas River where the mangroves grow. Visit <a href="https://gtm-researchreserveexplorations.eventbrite.com">https://gtm-researchreserveexplorations.eventbrite.com</a> to reserve a spot online or call (904) 823-4500 for more information. The event is free.</p> <p><b>Civil Rights Cinema</b> Every Wednesday in February from 1-3 p.m., the Southeast Branch Library, 6670 US 1 S., St. Augustine, is hosting a St. Johns Reads Event: Civil Rights Cinema, a series of matinee movies relating to the African-American Civil Rights Movement. The Feb. 17 movie is "Mississippi Burning." Call (904) 827-6900 for more information.</p> <p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets every Wednesday from noon-1 p.m. at Mulligans, 43 PGA Tour Blvd. in Ponte Vedra Beach. For more information, call Gloria at (904) 635-6103, visit <a href="http://www.pvpng.com">www.pvpng.com</a>, or email <a href="mailto:pontevedrapng@gmail.com">pontevedrapng@gmail.com</a>.</p> <p><b>Ponte Vedra Toastmasters</b> The Ponte Vedra Toastmasters Club offers opportunities for developing your leadership and communication skills. Join us on Wednesdays at The PLAYERS Community Center at 175 Landrum Lane. The meeting starts promptly at 7:30 a.m. and lasts one hour. Want to know more? Contact Lucy Reep at 904-607-3695 or <a href="mailto:contact-5199@toastmastersclubs.org">contact-5199@toastmastersclubs.org</a></p> <p><b>For The Love of Driving</b> Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. If you are interested, please contact the Mobility Manager at the Council on Aging, 904-315-6505, or email Katie Arnold at <a href="mailto:karnold@stjohnscoa.com">karnold@stjohnscoa.com</a>.</p>	<p><b>Lafayette 148 New York trunk show</b> Linda Cunningham is hosting a Lafayette 148 New York Spring 2016 trunk show Feb. 18-20 at Linda Cunningham's, 1049 Kings Ave., Jacksonville. For more information, call (904) 399-4864 or visit <a href="http://www.lindacunningham.com">www.lindacunningham.com</a>.</p> <p><b>HeartWise Educational Series</b> HeartWise Educational Series: "The lowdown on high blood pressure" takes place Thursday, Feb. 18 at noon at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra. Join Nancy Crain, PA-C, as she explains blood pressure, why we want to keep it in range, and what a high reading could mean for your heart. This free event is open to the community. Reserve your space today at <a href="http://baptistjax.com/ymca">baptistjax.com/ymca</a> or by calling (904) 202-5376.</p> <p><b>Habitat for Humanity volunteers</b> Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and we help build them a simple, decent place to live. If you know someone who might benefit from Habitat homeownership, please refer them to our website. To find out more about how you can donate, volunteer, or qualify visit <a href="http://habitatstjohns.org">habitatstjohns.org</a>.</p> <p><b>MAIN-iac Science Labs</b> Join Mr. Andy and Mrs. Marcia as they explore the magical world of science. on Thursday, Feb. 18 from 4-5 p.m. at the Main Library Branch, 1960 N. Ponce De Leon Blvd., St. Augustine. Each month, they will test a different scientific principal or concept with hands on experiments that get everyone involved. Programs are geared towards kids ages 6-12, but all are welcome. Check in at the children's department to find out what the next experiment will be. For more information, call (904) 827-6940.</p> <p><b>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 <a href="mailto:carrie@opcfla.com">carrie@opcfla.com</a>, post online at <a href="http://www.pontevedrarecorder.com">www.pontevedrarecorder.com</a> using the</b></p>

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*Friday, February 12th & Saturday, February 13th*  
Valentine's Weekend Dinner  
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*Sunday, February 14th*  
Sweetheart Brunch  
10:00 AM - 2:00 PM \$45.00++  
Bring your loved ones to celebrate Valentine's Day with brunch & mimosas!  
Sweetheart Supper  
5:00 - 9:00 PM \$25.00++  
Wine & dine your sweetheart with our elegant Valentine's Day Dinner Buffet!

*Wednesday, February 17th*  
St. Augustine Food & Beverage Experience  
6:00 - 9:00 PM \$90.00++  
Experience a showcase of cocktails crafted by St. Augustine Distillery Co. & craft beers brewed by Ancient City Brewing. We'll pair this with four entrees prepared by our Executive Sous-Chef Logan McCurry.

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

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# How healthy is your smile? You'd be surprised

(BPT) — That healthy smile may not be so healthy. Twenty-one percent of children and 91 percent of adults have caries (commonly referred to as tooth decay) in their permanent adult teeth, according to a recent National Health and Nutrition Examination Survey (NHNES).

But a recent breakthrough is available to help support oral health — in a sugar free chocolate-flavored soft chew.

An article published in February's RDH Magazine discusses the discovery and importance of beneficial bacteria that live in the mouth. It's been known for over a century that certain bad bacteria in dental plaque are able to convert sugars from the diet to acid, which is bad for teeth.

After decades of researching the microorganisms in the mouth, Dr. Israel Kleinberg, DDS and Distinguished Professor in the Department of Oral Biology at Stony Brook University School of Dental Medicine, discovered beneficial bacteria that also live in dental plaque. Dr. Kleinberg isolated a nutrient in saliva called arginine, which these "good" bacteria use to naturally produce tooth-protecting buffers. This process can help neutralize the acids from the harmful bacteria and help



keep the teeth in a normal pH (acid/base) balance.

Healthy saliva also contains calcium and bicarbonate that help preserve healthy tooth enamel and provide additional buffering. Stony Brook researchers combined arginine, calcium and bicarbonate and patented this vital blend of nutrients that fuels the mouth's natural defenses. These key tooth-supporting ingredients have been added to BasicBites, a sugar free chocolate flavored chew that is now

being recommended by leading dental professionals.

Here are six ways to help children and even adults maintain their oral health.

1. Two BasicBites a day can help preserve healthy teeth. Recommended for adults and children over the age of six, these candy-like chews nourish beneficial oral bacteria, while supporting enamel health. They are also an excellent source of calcium.

2. Minimize sugary foods and drinks

and if you do eat them, avoid sticky foods that can get stuck on teeth. This even includes dried fruit, bread and crackers. Children should choose water and low-fat milk as health beverage alternatives.

3. Limit between-meal snacks. If children crave a snack, offer them nutritious foods.

4. If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and helps wash out foods that produce acids.

5. Help your children develop good brushing and flossing habits.

6. Schedule regular dental visits.

BasicBites are also recommended for people with dry mouth, a condition that affects approximately 30 percent of all adults in the United States. Chronic dry mouth can cause significant oral health issues and damage teeth.

BasicBites are 20 calories each and available exclusively online at [www.basicbites.com](http://www.basicbites.com) where you can also find more information.

February is National Children's Dental Health Month. Learn more at the American Dental Association's website at [www.ada.org](http://www.ada.org).

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## 6 tips for teaching kids healthy habits

(BPT) — One crucial aspect of a child's overall well-being that is often neglected is his or her oral health.

Here are some tips and oral hygiene habits for parents to implement and encourage to ensure your child's healthy development:

**Be an example.** It's no secret children learn best by observing. If your children see you brushing and flossing your teeth every morning and evening, they'll follow your lead. If you brush before they get up or after they go to bed, consider changing your own routine. Make it exciting by incorporating your kids' favorite songs and stories.

**Check your water.** Is the water in your home fluoridated? If not, talk to your dentist about possible supplement options, as toothpastes and some foods may provide the amount you need. Fluoride works with your saliva to protect the precious tooth enamel from both sugars and plaque.

**Schedule regular checkups.** When you're a busy parent, it's easy to let dental checkups slip off your radar, but making regular appointments may be more important than you think. Your pediatric dentist will assist in preventing dental disease and cavities and point out any developmental issues. Get your children acquainted with their dentist

early and make sure they know the dentist's office is nothing to fear.

**Seek helpful resources.** It can be helpful to find a guide for teaching children proper oral hygiene habits. For example, parents and teachers alike can visit [ColgateBSBF.com](http://ColgateBSBF.com) to download free materials and activities specially designed to help educate kids about keeping their smiles bright. Colgate is committed to improving children's dental health through its Bright Smiles, Bright Futures program. You can also try your local Boy Scout troop, where there is a Dentistry merit badge course ([bsa.org](http://bsa.org)).

**Introduce flossing early on.** Flossing removes food particles and plaque in places where a toothbrush can't always reach. Beginning at age 4, you should floss for your children. By the time they reach age 8, most kids are able to floss on their own. Be sure to give regular reminders of how necessary it is for your kids to remember to floss.

**Encourage a balanced diet.** A well-balanced diet is essential for developing strong, decay-resistant teeth, so your children need the full range of vitamins and nutrients. Frequent snacking on sugar or starchy foods like cookies, candy, pretzels and potato chips combine with plaque on teeth to create acids that attack the teeth enamel and may lead to cavities.

# Health benefits found in eating chocolate



## Dark chocolate consumption may lower your blood pressure, reduce cholesterol and stress

**Dr. Erika R. Hamer**  
D.C., DIBCN

Valentine's Day is just around the corner and merchants have stocked their shelves with plenty of chocolate treats to keep chocoholics everywhere satisfied. What you may not know are the potential health benefits chocolate can deliver — if you choose the right chocolate.

Of the chocolate available, the kind that provides the biggest therapeutic benefit is dark chocolate. The helpful compounds in chocolate are polyphenols and flavanols — antioxidants that protect the body from damage. In fact, cocoa beans contain higher concentrations of antioxidants than many fruits. Choose dark chocolate with a minimum of 70 percent cocoa solids to get the most health benefits. With more cocoa solids than milk chocolate, dark chocolate is also often lower in calories, fat and sugar than its sweeter cousin. Specifically the polyphenols seem to positively impact blood pressure and cholesterol.

For people with hypertension, eat-

ing dark chocolate can reduce blood pressure. A number of studies support this theory. Research published in the Journal of the American Medical As-

sociation (2007) revealed eating dark chocolate (approximate 30 calories daily) was linked to blood pressure reductions — and without causing weight gain! The polyphenols seem to have the magic effect on blood pressure. In

CHOCOLATE continues on Page 22

## VALENTINE'S DAY

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## Chocolate

Continued from 21

a study contrasting dark chocolate versus white chocolate (which has no polyphenols) hypertension patients who consumed dark chocolate daily for 18 weeks saw a reduction in systolic as well as diastolic blood pressure while the patients who ate white chocolate saw no change in

their blood pressure levels.

In research released in February 2011, scientists found that chocolate can raise the body's levels of HDL cholesterol (good cholesterol) and lower LDL (bad cholesterol). Scientists remarked that the polyphenols spur the production of specific proteins that are abundantly found in HDL cholesterol.

At the same time, the polyphenols appear to multiply the development

of LDL receptors, which then lower the amount of LDL cholesterol.

In addition to helping lower blood pressure and reduce cholesterol, chocolate has also been shown to reduce stress.

According to a study published in the Journal of Proteome Research (2009), participants who rated themselves as emotionally stressed ate an ounce and a half of dark chocolate daily for two weeks. Researchers

noted the chocolate influenced the metabolism and subsequently lowered the amount of stress hormones in the participants. However, before you bite into that chocolate treat, remember, chocolate can be high in sugar, fat and calories, so eating in moderation is vital. If you have health conditions such as diabetes, consult your health care provider to make sure it is safe for you to consume chocolate.

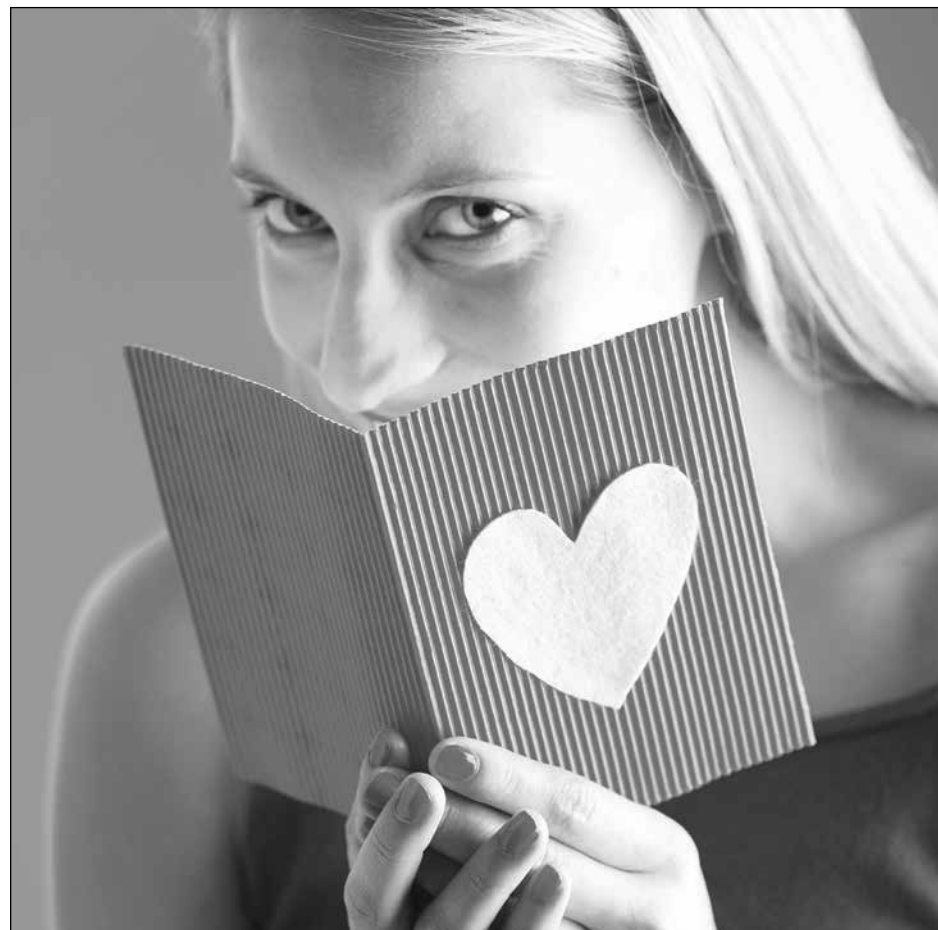
## Frugal ways to celebrate Valentine's Day

A day set aside to shower a loved one with gifts and touching words of affection, Valentine's Day brightens the often gloomy month of February. Established centuries ago with origins shrouded in mystery, Valentine's Day has evolved into one of the most popular — and expensive — days of the year. Many couples celebrate Valentine's Day with cards, gifts and nights out on the town, and such celebrations can stretch budgets.

Coming on the heels of post-holiday bills, Valentine's Day can feel like a costly prospect. Yet, even those on a budget can enjoy a special day to remember without breaking the bank. The following are several frugal ways to enjoy Valentine's Day.

- Create your own greeting card. It can be challenging to find cards that offer just the right sentiments. Sometimes cards seem distant, too risqué or overly sentimental. Instead, create your own card. Find a decorative blank card or make one from card stock. Search through your digital photos and print one of the two of you together. Glue on a paper heart border, and then jot down some affectionate sentiments.

- Cleverly wrap favorite chocolate. Chocolate is synonymous with Valen-



entine's Day, and it's easy to spend a lot on gourmet chocolates without even knowing if your valentine will like what's inside the box. Stick to what you know he or she likes, even if it's a simple chocolate bar from a convenience store. Buy a few and then wrap them in a fancy box with ribbon.

- Go out for a small bite to eat. If you're concerned about the cost of an expensive dinner out or anticipate be-

ing restricted to a certain menu, plan to dine at home. You can opt to go out for cocktails prior or head to a cafe for dessert and cappuccino afterward. This way you'll still get the experience of going out without being forced to overspend.

- Purchase a rosebush. Bouquets of roses are traditional gifts for Valentine's Day. However, thanks to the increased demand, the cost of roses tends to increase as Valentine's Day draws nearer. If you want to save money but still give roses, buy a plant that blooms each year. Buy a rosebush and plan to put it in the garden come spring when all danger of frost is gone.

- Turn older jewelry new again. Diamonds and other jewelry can be costly. If a new piece simply isn't in the budget, consider repurposing an older piece of jewelry that isn't worn as often. It's amazing what a new setting on a seldom-used necklace can be turned into fashionable stud earrings. If you have a good amount of mismatched gold jewelry lying around, you may be able to sell it or have it melted down and turned into a beautiful new creation.



### Did you know?

Valentine's Day is a time when men and women express their love and affection for one another, which can be accomplished in a variety of ways.

For many celebrants, food and beverages are part of the festivities. According to the USDA and Gallup, in the United States Valentine's Day is the bubbliest occasion after New Year's Eve and Thanksgiving.

That's because around \$9 million is spent on sparkling wine products. What pairs well with that bubbly? Why chocolate, of course.

Fifty-eight million pounds of chocolate candy is purchased during the week of Valentine's Day, when the National Confectioners Association says 36 million heart-shaped boxes of chocolate are sold.



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# Keep your heart healthy and happy this Valentine's Day

## Dr. Anthony Magnano

Countless couples across the country are preparing to celebrate Valentine's Day with red roses, rich dinners and fine wine. However, February is also American Heart Month – an ideal time to adopt best practices for your circulatory system. So consider a more meaningful gift this year by implementing a few easy and romantic tips to give your loved one, and yourself, a heart-healthy Valentine's Day.

**Give Cocoa-rich Chocolate:** A box of chocolates is a classic Valentine's gift that can even help your loved one reap health benefits if it is the right kind and enjoyed in moderation. Several studies have shown that eating small amounts of chocolate can improve your heart health over time. The reason is cocoa is rich in flavanoids, which are antioxidant compounds that can aid blood circulation and increase the flexibility of arteries.

But not all chocolates have high levels of flavanoids. Cocoa has a naturally pungent taste, and commercial chocolate makers often process most of it out. By the time they add milk, butter and sugar, the flavanoids are nearly gone. Look for chocolate with at least 70 percent cocoa to get the extra antioxidants. These can often be found in natural food markets. Generally, dark chocolate will have a higher percentage. If you're searching for an even healthier sweet alternative, consider giving your partner a colorful fresh-fruit basket.

**Share or Cook a Meal:** Whether it's filet mignon or a bowl of spaghetti and meatballs, sharing a meal on a dinner date is both romantic and healthy.

Sharing one meal together will also prevent overeating. Many restaurants serve portions large enough for two people. In fact, food portions in restaurants have doubled or tripled over the last 20 years, according to the National Heart, Lung, and Blood Institute. When we are presented with a bigger portion size, we almost always eat more.

An even better way to control what and how much you eat is by cooking a candlelit dinner at home. The American Heart Association has many heart-healthy recipes available online. Whether you decide to eat out or cook in, avoid foods that are high in added sugars, saturated fats and sodium.

**Buy a Joint Heart-Healthy Gift:** Instead of greeting cards and candy,



commit to a healthier lifestyle with your partner. A fun gift for two that can also improve your nutrition is a cooking class. Learning to cook will help you avoid the temptation of fast food or frozen meals and provide quality bonding time.

Another option is a meal-kit service, such as Blue Apron or Hello Fresh. These services, which offer two-person and family options, send fresh ingredients and recipes to your door so you have all the tools to cook at home.

You can also motivate each other to exercise by purchasing joint gym memberships. Working out as a couple can help make exercise part of your weekly routine and motivate you both to increase the intensity and length of your workouts. The American Heart Association recommends a minimum of 30 minutes of moderate activity five days per week for adults, but this is a goal that can be attained over time.

Whatever gifts you choose, by following these guidelines you may give your partner the greatest Valentine's gift: a strong heart.

**Dr. Anthony Magnano is a Ponte Vedra resident and cardiac electrophysiologist at St. Vincent's Medical Center Riverside. For more information on Dr. Magnano and his specialty treating Atrial fibrillation, visit [AfbJax.com](http://AfbJax.com).**

# Explore flower meanings for Valentine's Day giving

Come mid-February, florist delivery trucks can be seen making the rounds through neighborhoods all across the country.

Such trucks are transporting thousands of bouquets, plants and other floral arrangements that serve as gifts on Valentine's Day.

According to the Retail Advertising and Marketing Association, florists take in around \$400 million in revenue on Valentine's Day.

Roses may be the most popular flower come Valentine's Day, but many other blooms find their way into the hearts of excited celebrants as well.

Flowers can be used to convey love, friendship, compassion, and desire.

In Victorian times, flowers were given specific meanings because only a few exotic flowers were readily available, and many of these meanings have withstood the test of time. Giving a type of flower that signifies you just want to be friends may not bode well for a relationship when the recipient was hoping for more.

As a result, it pays to understand the subtle meaning of flowers to make gift-giving easier.

The Society of American Florists has compiled the following list of flower meanings from various sources.

But in spite of these meanings, keep in mind you can always work with a florist to design a personal arrangement that speaks directly to that special someone this Valentine's Day.

## Flower meanings

- Amaryllis: drama
- Anemone: fragility
- Apple Blossom: promise
- Aster: contentment
- Azalea: abundance
- Bachelor Button: anticipation
- Begonia: deep thinking
- Camellia: graciousness
- Carnation:
  - pink: gratitude
  - red: flashy
  - striped: refusal
  - white: remembrance
  - yellow: cheerful
- Cosmos: peaceful
- Daffodil: chivalry
- Daisy: innocence
- Gardenia: joy
- Geranium: comfort
- Gladiolus: strength in character
- Heather: solitude
- Hyacinth: sincerity
- Hydrangea: perseverance
- Iris: inspiration
- Jasmine: grace and elegance
- Lilac: first love
- Magnolia: dignity
- Marigold: desire for riches
- Orange Blossom: fertility
- Orchid: delicate beauty
- Pansy: loving thoughts
- Passion flower: passion
- Ranunculus: radiant
- Rose:
  - pink: admiration/appreciation
  - red: passionate love
  - red and white: unity
  - white: purity
  - yellow: friendship
- Sunflower: adoration
- Sweetpea: shyness
- Wisteria: steadfast
- Zinnia: thoughts of friends

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# How to protect more than your heart this Valentine's Day

## 4 ways to make the best of a potentially bad situation

There may be no worse feeling than having your heart broken, especially on Valentine's Day.

"But anyone who has had their heart broken — whether in a divorce or a long-term relationship where assets were

an issue — knows that romantic heart-break can extend to financial heart-break," says attorney Hillel Presser of the Presser Law Firm, P.A., which specializes in comprehensive domestic and international Asset Protection.

Knowing that your liability is limited, asset-wise, may even help hungry hearts in a relationship. Presser, author of "Financial Self Defense" ([www.assetprotectionattorneys.com](http://www.assetprotectionattorneys.com)), offers four ways to start protecting your assets from a possible bad breakup in the future.

- Get the prenup. One barrier to the

pre-marriage agreement is that intended spouses hesitate to raise the delicate subject of a prenuptial agreement. Few believe their marriage can fail, and many fear that a prenup communicates distrust. But a pre-marriage agreement is the safest way to protect yourself from a future divorce, Presser says. Consider a prenup as a mature consideration for those who can admit that not everything works out perfectly in a marriage.

- Don't cohabit without a cohabitation agreement. A cohabitation agreement defines the couple's property rights. More than a few want to avoid the legal and financial complications from marriage — particularly when one party has substantially more wealth. Many of these folks are seniors who don't want to disqualify themselves for Social Security or pension benefits. But if things go wrong your former partner may have a claim on your assets.

- Write a post-nuptial agreement even if you're married. Married spouses may want to contractually agree on how they'll divide their assets should they later divorce, and most states allow for these post-nuptial agreements. As with pre-marriage agreements, Presser says, the enforceability of the post-nuptial agreement requires the agreement to be fair; that both spouses fully understand the agreement; that neither party defrauded the other; and that each party had independent legal counsel.

- Keep your good credit. Good credit is one asset you must diligently protect during divorce. You'll lose your good score if your spouse runs up huge bills on your charge accounts and credit cards. It's difficult to financially cope during the turmoil and expense of divorce, but there is a path, Presser says.

First, immediately notify your creditors that you will no longer be responsible for your spouse's debts. Next, destroy and revoke all credit cards on which you have liability. Finally, publicly disclaim liability responsibility for your spouse's future debts.

"Knowing that your wealth and assets are protected is liberating," Presser says. "Whether or not you've been hurt before, don't fall for the idea that romance is perfect; it's not. When things go bad, the power of the positive can easily turn to the power of the negative. I advise folks to avoid fear by reasonably protecting themselves in marriage, cohabitation and divorce."

**Hillel L. Presser's firm, The Presser Law Firm, P.A., represents individuals and businesses in establishing comprehensive asset protection plans. He is a graduate of Syracuse University's School of Management and Nova Southeastern University's law school, and formerly served on Nova's President's Advisory Council. He is a former adjunct faculty member for law at Lynn University. Complimentary copies of his book "Financial Self-Defense" are available through [www.assetprotectionattorneys.com](http://www.assetprotectionattorneys.com).**

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# Opening

Continued from 3

a Chocolate Martini.

The Peterbrooke in Ponte Vedra has a new look which features new products in addition to the company's traditional product offerings. The new store carries coffee, gelato, frozen yogurt,

gift baskets, baked goods from the Peterbrooke Bake Studio and their signature handmade chocolate delicacies. The store is also set up to host private parties, events and local fundraisers.

Peterbrooke Chocolatier was founded in 1983 with a mission to bring the art of European chocolate making to the United States. The first shop opened in the historic Jacksonville

Sally Dunsmoor, Manager at Peterbrooke Ponte Vedra, with Julian Hardy, of Mulligans Pub.

Photo by Ed Johnson



neighborhood of San Marco over 31 years ago and now there are multiple locations throughout the Southeast.

The new store is located in the Saw-

grass Village Shopping Center at 333 Village Main St., suite 650. For more information, call (904) 273-7878 or visit [www.peterbrooke.com](http://www.peterbrooke.com).

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# Lady Sharks fall in 4th straight title trip

**Jerry Norton**  
Special to the Recorder

The Ponte Vedra girls' soccer team finished the 2015-16 season in bittersweet fashion last Thursday evening in Melbourne. For the fourth straight season the Sharks advanced to the state final—an incredible achievement. Unfortunately, so also did their nemesis American Heritage Plantation and the result was a 2-0 defeat for Ponte Vedra, the fourth straight defeat at the hands of the private Ft Lauderdale school.

The Sharks earned the honor of playing once again in the title game by defeating Merritt Island 2-1 on Wednesday evening. Julie Worman put the

Sharks in front early on a penalty kick at the 26-minute mark of the first half that the Merritt keeper could not handle. Then Angeline Daly booted home the winning goal from nearly 25 yards out three minutes into the second half. The Sharks controlled possession as they defended their slim lead for the remainder of the game; but it took a good save by Hannah Suder with 41 seconds left to clinch it.

The title game was as close as everyone expected it to be. Rain and a lightning delay added to the tension, as neither team was able to mount a serious threat. Daly had the Sharks best opportunity on a long range arcing shot that the Patriot keeper leaped high to deflect.

With eight minutes left in regulation play, Heritage had a similar opportunity and converted what proved to be the winning goal. The Patriots' Marlee Fray's long arcing shot from the left side found the top right corner of the cage. It was a perfect shot, one in which Suder had no chance. Unfortunately for the Sharks it was the title-winning goal.

It was a disappointing outcome for all the Sharks, but especially for the eight seniors who earned the honor of representing their school in the state title game four straight seasons. Their disappointment should be softened considering only two teams have done that. Those two teams played each other in Melbourne this past Thursday.

## History in the making

### Lady Sharks win district championship for the 1st time

**Merriellen Tibbits**  
Community submission

The Ponte Vedra Girls' Basketball team beat Pedro Menendez High School to claim the District Title. Theresa Irwin started the game off with a drive to the basket. Point guard, Tess Tibbits, demonstrated her moves with a long pass for Rachel Aspinwall making another terrific play. Pedro Menendez continued to put the pressure on the Sharks but it didn't seem to stop them. Rachel Aspinwall led the team in points while Christi Begeman utilized her four-year varsity status on and off the court! By the fourth quarter the Sharks proved to be too strong to beat. Post, Erin Landis continued to rebound and get the ball to the net. It was apparent that the Sharks had one goal in mind and that was to claim the title for the first time in the eight-year history of the school.

When asked what was different this year than previous years, coach Jim Piggott replied, "This year's team is continuing to build off the success of our teams over the last three years when we finished in second place in districts. This team is beginning to realize how good they can be when they remain focused. They are learning what it takes to be a really good team and are beginning to apply it. It is fun to watch," he said.

As for the future of the program, Coach Piggott sees the PV Girls Basketball Team "continue to grow and succeed in not only winning games and titles, but also in developing these ladies for the rough world waiting for them. Teaching them to get up every time they get knocked down and teaching them about hardworking, respect, and responsibility are also key



The Ponte Vedra Girls' Basketball team celebrate after winning the District Title.

Photo submitted

to our future success."

The Sharks will be losing five seniors this year. Their absence will effect next year's season. "These five seniors have worked their butts off and have been great role models for our younger players. Their leadership by example, on and off the court, is perhaps more important

than anything a coach can ever say."

What Coach Piggott loves most about this team, "like our teams in the past, really enjoy each other. We are like a family. The girls are all like sisters and treat each other as such."

If you were fortunate to see the Lady Sharks win, their love for the game and

each other was apparent. It was a true team effort and everyone on and off the court made a huge impact on the game. Every player contributed to The Lady Sharks undefeated record in the District. Their victory has given them home court advantage Thursday night in the Regional Playoffs.

# Shark soccer boys throttle on to state finals

**Jerry Norton**

Special to the Recorder

If Ponte Vedra is to have a state soccer champion, it will have to be the Sharks' boys' team after the Lady Sharks bid for that honor fell one game short. And the boys have to like their chances. After wins against Matanzas and Choctawhatchee in the regional playoffs, the boys take their undefeated (23-0) record into the District 3A state finals in Melbourne. Ponte Vedra played Tampa Jesuit last night.

Ponte Vedra defeated Matanzas by the score of 1-0 on Johnny Stephens' goal last Tuesday at the Shark Tank--the Sharks third win over the Pirates this season. But the score doesn't indicate the extent of Ponte Vedra's total domination. It was a game in which Ponte Vedra took 25 shots on goal to the Pirates' eight. At least four other Ponte Vedra shots were near misses including one off the cross bar and one off the post.

Stephens' game winner didn't come until the 28-minute mark of the second half and while the Sharks dominated play, the fans had to hold their breath until the final whistle.

Their win over the Pirates earned the Sharks a Friday trip to the panhandle to play Choctawhatchee, a team they had meet previously in the regional final for five straight years. Prior to Friday's game Ponte Vedra had managed but a single win over Choctaw. This time the result was quite different as the Sharks came away with a 4-0 victory.

Stephens again opened the scoring for the Sharks three minutes in but Ponte Vedra didn't score again until Munir Adamo's goal in the first minute of the second half. From that point on the Sharks were in total control. Michael Bennett's 40th goal and another by Chris Howard were icing on the cake for the Sharks.



Photos by Chris Norton / Special to The Recorder

ABOVE: The Sharks Jack Bingemann heads for the goal against Matanzas.  
LEFT: Nick Kostrubsky sends a crossing pass for Ponte Vedra.

More pictures online at [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com)



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## SHORT TAKE

### Jacksonville Science Festival

The 4th Annual Jacksonville Science Festival, a free three-day community-wide event promoting STEAM (Science, Technology, Engineering, Arts and Mathematics) education in Jacksonville, announces its partnership with Florida State College at Jacksonville (FSCJ) and The Foundation Academy.

The event will be presented Feb. 25-26 from 9 a.m. -2 p.m. each day at FSCJ's South Campus and Feb. 27 from 10 a.m. - 3 p.m. at Friendship Fountain Park/MOSH.

Highlights include interactive booth presentations, food trucks, vendors, BIG science by MOSH, STEAM Talks, performing arts and lots of fun activities. For more information, call (904)-493-3535 or visit [www.jacksonvillesciencefestival.org](http://www.jacksonvillesciencefestival.org).

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Photos by **Chris Norton**

Shark freshman pitcher Michelle Holder delivers a pitch against Atlantic Coast. More pictures online at [www.pontevedrarecorder.com](http://www.pontevedrarecorder.com)

# Lady Sharks top Atlantic in softball matchup

**Jerry Norton**  
Special to the Recorder

The Sharks' softball team is off to a good start after posting a 6-2 home win over Atlantic Coast on Thursday evening. Freshman pitcher Michele Holder pitched the entire game for the Sharks allowing 9 hits and striking out 10.

Ponte Vedra scored a pair of runs in the opening frame on two walks and Maddie Sypniewski's double. The Sting Rays answered with two runs in the top of the third on a walk and two singles.

Ponte Vedra regained the lead in the fourth inning on singles by Holder and Abby Zitello and Michelle Leone's

double. They added two more insurance runs in the sixth on doubles by Leone and Quinlan Richmond and a 2 RBI single by catcher Taylor Bradshaw.

The win improved the Sharks record to 2-0 including an 8-7 nail-biter over Fletcher earlier in the week. After Ponte Vedra jumped out to a 2-0 lead in the second inning, the Lady Senators scored seven times in the third inning. The Sharks answered with two more in the third and three in the fourth to tie the game then won it with a run in the bottom of the sixth.

Ponte Vedra will play again on Feb. 8 and 11 at home against Creekside and Ridgewood.

## SOCCER NOTEBOOK

# Armada FC wins preseason opener on rain soaked pitch

## Jacksonville hosts Orlando City SC on Saturday

**Mike Bonts**  
The Recorder

The Jacksonville Armada FC kicked off the preseason with a 1-0 win over the MLS's Philadelphia Union Saturday night at Community First Park.

Charles Eloundou connected on a pass from Akeil Barrett and sent his shot up and over the outstretched arm of keeper John McCarthy. The victory ushered in the Tony Meola era as head coach.

"Those are my two favorite words: win and shutout," Meola said. "My entire life, that's all I've talked about."

Meola, who was inducted in the U.S. Soccer Hall of Fame in 2012, takes over a club that finished 8-7-15 (W-D-L) overall in its inaugural season in the North American Soccer League, good for an 11th-place combined finish.

On Saturday both Meola and Philadelphia head coach Jim Curtin toyed with



Photos by **SE Sports Media**

The Jacksonville Armada FC kicked off the preseason with a 1-0 win over the MLS's Philadelphia Union at Community First Park. They host Orlando City SC Saturday night.

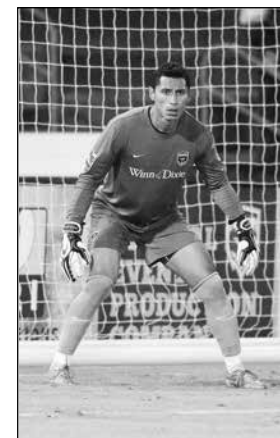
and adjusted their lineups. After just a few weeks of practice they wanted to observe and evaluate their veterans and new signees.

"We talked about taking a step today, and the first step was being organized," Meola said following the match. "I thought we were organized the entire

game."

The Armada came out with five defenders, including new signings Tyler Ruthven, Beto Navarro and Bryan Burke. Meola's preseason goal is to be two deep at every position.

"Last year between injuries and losing guys to international duty, the team al-



Against the Armada, Philly won possession 56-44, and forced more shots on target, 4-3, but were unable to beat Jacksonville goalkeeper Miguel Gallardo.

ways seemed so depleted," Meola said. "You don't like losing guys, but it's going to happen."

The Union used three different lineups, each getting 30 minutes. Curtin's presumed starting lineup, minus Maurice Edu who missed the game while continuing his rehab, controlled much of the first 30 minutes. Philadelphia's Ibrahima Diaby Fabinho played a few combinations with new left-wing partner Chris Pontius.

**MATCH NOTES:** The Armada's Alhassane Keita had a goal called back for offside... The Union won possession

# Armada

Continued from 29

56-44, and forced more shots on target, 4-3, but were unable to beat Jacksonville goalkeeper Miguel Gallardo... Meola looks to play out of a 4-3-3 formation in addition to the 3-5-2... For-

ward Jemal Johnson and midfielders Richie Ryan and Lucas Scaglia missed the game due to injuries... Eloundou scored the winner in the 80th minute... The Union were able to rotate 31 players in their preseason opener.

**LOOKING BACK:** Saturday night's chilly, rain-soaked Armada win wasn't

as flashy or dry as last season's meeting. In front of a modern era NASL preseason record 13,934 fans at EverBank Field. The Armada rode three first-half goals to a 3-1 preseason win over the Union. Defender Fabricio Ortiz (7th minute) and forward Alhassane Keita (11th minute) scored. Lucas Trejo tallied the third via a penalty in first-half stoppage time.

**UP NEXT:** The Armada host another MLS foe, Orlando City SC, at 6 p.m.

Saturday. The Lions opened their 2016 MLS preseason schedule with a 4-0 victory over Eastern Florida State College last Sunday afternoon at the Titan Soccer Complex in Melbourne, Fla. It was a match that featured two different lineups in each half, marking the Lions' debut of 2016 MLS SuperDraft picks Richie Laryea and Hadji Barry, goalkeeper Joe Bendik and midfielder Tony Rocha in the first 45, and defender Kevin Alston in the second.

# DOYLE

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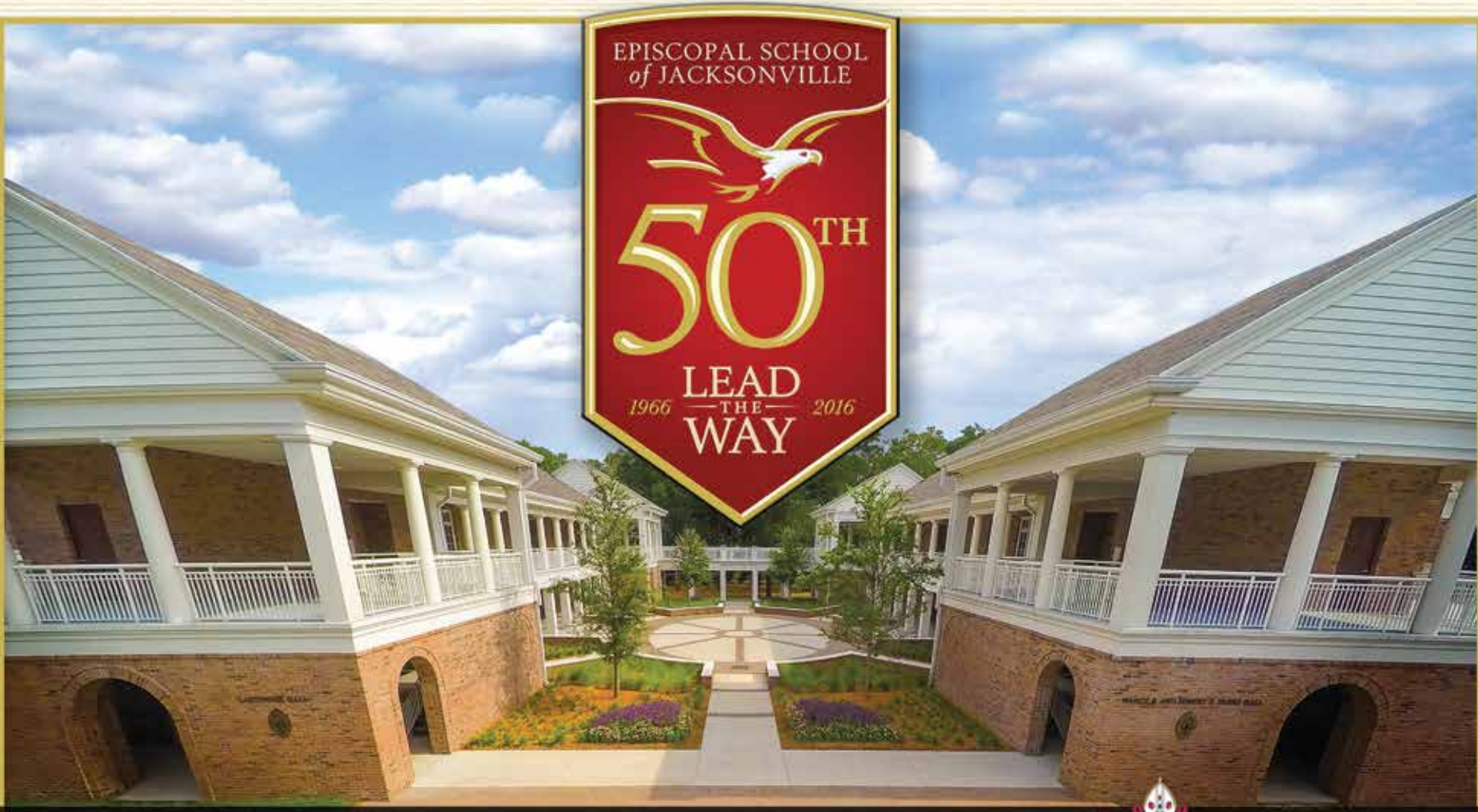
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# Ponte Vedra defeats Palatka to win District Title

**Jim Moyes**

Community submission

It surely wasn't the start they were looking for, but the ending suited Ponte Vedra's varsity basketball team just fine in last Friday night's 60-52 victory over Palatka. The win earned the Sharks their 3rd district championship in five years and improved their overall record to 17-10.

The victory also earned the Sharks home court advantage when they resume FHSAA tourney action tonight (Thurs, Feb. 11) when they host Gainesville Eastside at 7:00 p.m.

After an easy 80-43 victory over Menendez in the first round of the district tourney, the Sharks were expecting a much tougher game in their rubber game against Palatka. And a tough game it was!

The two district rivals had split their earlier games played during the regular season, with both teams holding serve on their home court.

With many of the late arriving crowd still waiting in long lines that formed outside the Ponte Vedra gymnasium, Palatka quickly jumped out to an early 9-0 lead, much to the delight of the large following of Panther rooters who made the more than one hour jaunt from Putnam County.

It was not until nearly five minutes had elapsed in the opening quarter before Ponte Vedra was able to score, but a 9-4 Ponte Vedra run closed the gap to a more manageable five point deficit at the break, with Palatka on top 14-9.

After being held scoreless in the first quarter, JD Pirris came alive in the second stanza by slashing through the tenacious Panther defense to score six of Ponte Vedra's 12 points as the Sharks closed to within three of Palatka at the halftime intermission.

The Sharks were trailing 33-30 with 3:47 remaining in the third quarter



Photo submitted by **Jim Moyes**

The Sharks varsity basketball team celebrates their third district championship in five years with their manager.

before the tide turned into Ponte Vedra's favor. A Palatka player was called for a technical foul, and Pirris made them pay as he canned both of the free throws. Pirris then followed up with another of his patented driving layups to give the Sharks their first lead of the night, 34-33 with 3:15 left in the third.

Senior Matt Johnson then netted back-to-back 3 pointers to extend the lead to 42-36 to help steer the Sharks to a 44-38 lead heading into the final quarter. Pirris and Johnson combined to score 16 of the Sharks third period points. The 23 points scored in the quarter by PVHS were more than they had tallied in the entire first half of action.

Johnson continued his stellar play into the final period by scoring the Sharks first six points, but Palatka would not go away. The Sharks would build their lead to 10 and seemingly had the game sewed up with but 2:15

left in the contest.

However, when Palatka's pressing defense denied Pirris, Johnson and junior Eston Hensley from receiving the ball, three Ponte Vedra turnover had trimmed the Shark lead down to five points with 1:13 remaining. With the Sharks attempting to run out the clock, much to the total surprise of many in the packed Ponte Vedra gymnasium, one of the Shark players unloaded an ill-advised three point attempt. Chris Tomacewski bailed his teammate out by coming up with a clutch offensive rebound and Palatka was forced to foul, sending JD Pirris to the line.

Pirris, who was a 71 per cent free throw shooter as a sophomore, had a dismal first half of the season at the stripe, including a woeful 3-11 at the line in a December game against St. Augustine. Those days are now well in the distant past as JD, since the start of

the New Year, has made better than 80% of his free throws. Pirris salted the game away by hitting 4 clutch free throws, while Hensley took a perfect feed from Johnson and scored in the final moments as the Sharks advance to the regionals with their 60-52 victory.

Johnson (17 points, eight rebounds and five assists), and Pirris (21 points, nine rebounds and five assists) had monster nights for the victors, while 6'3" junior forward Eston Hensley (10 points, five rebounds, three assists and no turnovers) also had a solid performance. Coach Beech however, will need better play from his remaining players in the rotation if the Sharks are to make some noise in the upcoming regionals.

Mike Nicandri could have made the night much easier for Beech and the Sharks but he has had to sit out the last couple of games due to concussion issues. Much to the surprise of many of the Palatka followers, who brought three bus load of students to Ponte Vedra for the game, they did not see 6'7" Shark sophomore Jack Johnson play in the contest.

On January 8, in the Shark 76-65 victory over Palatka, Johnson came off the bench to set a school record with 8 blocks, while adding an impressive seven rebounds and six points to his stat line.

Gainesville Eastside, losers in their district final to Alachua Santa Fe 66-51, will be the Shark's opponent tonight with a scheduled tip off at 7 p.m. With another large crowd expected, local followers are urged to arrive early to avert a repeat of last Friday when a number of fans missed the early moments of action while waiting in the long lines to purchase tickets.

A win against Eastside will also assure the Sharks of hosting a regional semi-final on Tues., Feb. 16, against the winner of the regional game between Alachua Santa Fe and Palatka.



## St. Joseph Academy senior signing day

Ponte Vedra Beach resident Olivia Printy signed her NCAA D-1 commitment to Manhattan College this month. Printy was recruited by the Jaspers to play goalkeeper for the women's soccer team on sports and academic scholarships. She is a senior at St. Joseph Academy and attended Palmer Catholic Academy for the lower grades.

Photo provided by **Ann Bittinger**



## JAGUARS NOTEBOOK

# Jaguars tout projects as enhancements to fan experience

**Mike Bonts**  
The Recorder

Coming off a 5-11 record last season the Jacksonville Jaguars unveiled off field plans at last month's State of the Franchise presentation. Owner Shad Khan and president Mark Lamping unveiled designs and details for three new projects for EverBank Field, as well as the club's 2016 ticket pricing.

"All of us are proud to take this opportunity to give our fans and partners a crystal clear look into where the Jacksonville Jaguars are as a franchise, and where we plan to be in the future. And we plan to be in Jacksonville," Khan said. "But, we don't want to be a franchise, on or off the field that merely exists. We want to thrive and be respected.

The stadium improvements include a complete re-imagining of the US Assurance Clubs, a covered Flex Field and an amphitheater. All were approved unanimously by Jacksonville City Council in December.

**US Assurance Clubs** - The design includes the installation of a glass wall

between the Upper and Lower Clubs and the stadium bowl on each side of the stadium. The improvements will include the installation of premium seating products—club tables and bar rails; distinct theming of each Club interior to reflect the demographics and tastes of fans; and upgraded premium padded seats for all club patrons.

**Covered Flex Field** - Located along Gator Bowl Boulevard at the south end of the stadium, it is designed to serve multiple purposes. It will be a climate-controlled, covered pavilion with multi-use synthetic turf. Sliding "hangar" doors will allow the space to be used both in closed and open air formats. The facility will provide a venue for the football team to practice during inclement weather, and entertainment events on game days as well as year-round events for other special purposes.

**Amphitheater** - Designed with 5,500 fixed seats and additional room for temporary seating. It will be located at the south end of the stadium, under a continuous roof that will cover both the amphitheater and the Flex Field.

**Ticket Pricing** - In 2016, 5 percent of the seats in the stadium will decrease in price. Ten percent will be unchanged and 46 percent will be unchanged if they are renewed before the early renewal deadline of Feb. 29. The effective increase in average ticket price will be 3.6 percent.

**ROBINSON BOWLS THEM OVER** - Jaguars' second-year wide receiver Allen Robinson made the most of being named to the 2016 Pro Bowl in Honolulu. Robinson had a game-high 102 receiving yards including a 55-yard reception and a 50-yard TD catch in his first Pro Bowl appearance. A 2014 NFL Draft pick from Penn State, he caught 80 passes for 1,400 yards and a franchise-record 14 touchdowns in 2015. Robinson's receiving yards were the second-most in franchise history behind Jimmy Smith's 1,636 in 1999. His 17.5-yards-per-reception average led all NFL receivers with 80 or more receptions by more than two yards. Last Pro Bowl player was middle linebacker Paul Posluszny following the 2013 season.

**BRADLEY EXTENSION** - The Jag-

uars signed head coach Gus Bradley to a one-year contract extension. Defensive line coach/run game coordinator Todd Wash has been promoted to defensive coordinator. Tony Sorrentino was promoted to assistant wide receivers' coach, Aaron Whitecotton was promoted to assistant defensive line coach and Daniel Bullocks was hired as the assistant defensive backs coach. The team promoted Mark Ellenz to director of college scouting.

**DRAFT NAME TO WATCH** - According to NFL Media draft analyst Lance Zierlein the Jaguars top need with the No. 5 pick in the NFL Draft is cornerback then safety, center and outside linebacker. Top draft prospects include cornerbacks Jalen Ramsey (Florida State), Vernon Hargreaves (Florida) and Mackensie Alexander (Clemson). At safety Darian Thompson (Boise State), Jayron Kearse (Clemson) and Deon Bush (Miami). Centers Ryan Kelly (Alabama), Max Tuerk (USC), Evan Boehm (Missouri). And at outside linebacker Myles Jack (UCLA), Jaylon Smith (Notre Dame) and Leonard Floyd (Georgia).

## COLLEGE GOLF NOTEBOOK

# Dye's Valley Course busy with two collegiate tournaments

**Mike Bonts**  
The Recorder

Florida's men's golf opened its spring season with a 23-stroke victory at the Sea Best Invitational at Dye's Valley Course at TPC Sawgrass highlighted by the first individual title of freshman Sam Horsfield's college career.

"It was a great day. The team won, and I got the individual win, so it was a great day. I couldn't be more proud of these guys. We've been working our butts off this whole winter, and the results showed this week," Horsfield said.

No.45 ranked University of North Florida claimed a fifth-place finish and Jacksonville University came in tied for 12th.

UNF sophomore Jordan Batchelor recorded a career low 69 in the final round to earn a team-leading 14th place finish with a 54-hole total of 214. As a team, the Ospreys posted a three-round score of 860 after a final round 286. It was the team's third top five team finish of the year.

Osprey's freshmen Andrew Allgood and Phillip Knowles, who both tied for 18th at 216. Freshman Travis Trace finished tied for 29th at 218. Senior Taylor Hancock finished tied for 51st at 223.

"We got good rounds from Jordan and Travis to help carry the team," said

UNF head coach Scott Schroeder. "We had a solid finish to start the spring but made a bunch of mistakes that we need to learn from to get where we want to be by the end of the year."

Franck Medale led JU with a 219 total (75-71-73). David Wicks had a 223 (72-74-77), as did Raul Pereda (72-73-78). Ryan Jahn had 227 (76-73-78), and Sam Uhland had 229 (74-79-76).

"The best team won," said Dolphins' head coach Mike Blackburn. "We played hard; it just wasn't our week. We've got some work to do in the next two weeks before we head down to Gainesville."

Horsfield was one of four Gators to earn top-five finishes. Horsfield, the first Gator freshman to collect an individual title since Billy Horschel in 2006, finished the tournament with a 7-under 203. It was his best tournament score of the year.

Florida shot a 3-over 283 in the final round to total -14 (826) and clinch the victory. Horsfield shot an even-par 70 to edge out sophomore teammate Alejandro Tosti by three strokes.

"It's been a lot of hard work, a lot of early mornings, a lot of sacrifice, and they came out and were unbelievable this week," added Gators' head coach JC Deacon. "I think the first round was our lowest round since 2011. What a

way to start the spring."

Florida will host JU and UNF for the two-day SunTrust Gator Invitational in Gainesville beginning Feb. 20.

**UNF TAKES HUGHES CUP** - The North Florida women's golf claimed their first outright victory over Jacksonville University posting a 9.5 to 2.5 decision in the 4th Annual Hughes Cup Match also played at TPC Sawgrass Dye's Valley Course.

"The team played extremely well and held themselves together throughout the entire day," said UNF head coach Joanne Berglund. "We fought hard through the morning matches and it was great to come out with the lead going into the afternoon matches. The team set a goal to go 6-0 in the afternoon singles matches and it was exciting to watch them do just that."

The Ospreys earned a pair of victories in the best ball matches. The two squads split the scoring in the foursome (alternate shot) matches over the back nine of the Valley Course. Frost forced a delay in the start of play, the singles matches were forced to be shortened due to darkness but UNF proved strong in the solo competition as the Ospreys swept all six matches for the victory.

"While this isn't the result you want in your first event, I saw a lot of good things from our team today," said JU

head coach Jennifer Borocz. "Our team is rather young, and sometimes that lack of experience makes it hard to close out a win. But we've got a lot of potential, and the future looks bright."

UNF and JU return to competition on Monday, Feb. 22, in the Amelia Island Collegiate, which the Dolphins will host at the Amelia National Golf Club in Fernandina Beach, Fla.

**FLAGLER HOSTS WORLD GOLF INVITE** - No. 13 Flagler College women's team finished in 10th place with a 36-hole score of 639 at the fourth annual World Golf Invitational at the Slammer & Squire Course.

No. 3 Florida Tech entered the final round by six strokes and they remained on top of the 18-team field with a 604 to win by 14 strokes. No. 2 Barry University finished second with a 618 while the top-ranked team in the NAIA, Keiser University, finished third with a 620.

Elsa Westin of Keiser was the leader in the clubhouse after the opening round but was caught by Florida Tech's Brittany LaPadula. Westin secured her medalist honors in a playoff. Stephanie Tucker led the Saints with a 15-over 159. She finished in a tie for 28th place. Linn Weber finished one-shot back with a 16-over 160 and tied for 32nd place.

Flagler will play next in the Lady Moc Classic Feb. 22-23 in Lakeland, Fla.

## ENTERTAINERS' DREAMS



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# Matriarch: "A woman who is head of a family or tribe"

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As I get older, I realize that I am, at least, the first definition of a Matriarch. As far as being powerful within my family, they would have to be consulted for the truth.

But, what I do know is that my grandchildren often make me feel that



Sheila Weinstein  
Grow Old With Me

I hold that position and when they consult me I know it is because they respect what I have to say. And I am grateful for the opportunity. I want them to know me and how I think and what I have valued in my life.

Before my granddaughter was to be married she sent a letter to a few chosen friends and family. She wanted to know how she 'showed up to people who matter to her most.' Because, she said she wanted to do more 'self reflection to become the person she needed to be before she took the next step to marriage.' She said she wanted 'brutal honesty.' A courageous ask.

I was, at first, puzzled, because to me, she is perfection. But I also realized that she doesn't see herself the way I do, and wants to be the very best person she can be in her own eyes. And so I sat down and wrote her straight from my heart:

My darling granddaughter,

In response to your letter, I am going to be "brutally honest," since that's what you want.

You are as perfect a person as I could ever hope to know. You are kind, gentle, caring, loving and warm. You are intelligent and interesting because you have considered opinions that matter in this constantly changing and evolving world. I encourage you to stay connected to what is happening in our country and the world. We need to elect someone who can steer this country back to being a force in the world, where the United States will be once again respected. That means looking at the candidates and voting with your best intelligence. We can all become involved with what our close up world is about and forget that there's a whole universe out there that needs our attention and care. I think you know that already. I am so very proud of what you've done by creating your healthful food business and never forgetting that there are those in need of what you offer to whom you cater without charge.

You asked for two to three areas where you might need improvement. I can't name even one. Here's what I think about improving yourself. As we grow in life, we learn what works for us and what doesn't. Does it pay to carry a grudge about that person who did this, or said that or caused us pain? No. The more attuned you are to the goodness that is in the beautiful heart you have, the more authentic you will be. Let go. Let it be. Move forward. And as you go down the path you have chosen and those you'll choose

in the future, let your intuition be your guide. Never go against that feeling inside that is your true compass. Do what is right for you.

I have had a wonderful and privileged life for which I have always been grateful. I think gratitude is essential for every good thing that comes our way and for everything that is difficult, sad and painful because it's those very things that are the real source of how we evolve as human beings. So, always know that you have the power within you to transform anything that happens in your life into a source of strength and wisdom. When no one is around to consult, you have an inborn teacher... yourself.

You are an old soul, carrying great wisdom with you when you entered this life. Don't forget that it's there. When you were very little we used to consult you about various dilemmas for which we had no answers, just to see what you'd say... finding that what you said made more sense than anything we'd heard from pundits. One day we said to you: "Why is the world the way it is?" And you said: "Cause it is!" Brilliant. Why question what is and make yourself suffer? It just is!

Even though I am an educated woman, it took me a long time to know that I had many strengths within myself that I had never tapped. I had always been someone's girlfriend, wife, mother, grandmother until life forced me to find out who I was alone and what I had inside me to sustain myself, physically and most of all mentally and spiritually. I don't recommend having your husband get sick in order for that to happen, but it taught me something I may not have learned any other way. I learned who I am all by myself and I want you to take great care to know yourself on your own. To build YOUR strengths. To do what YOU want to do for YOURSELF, separate and apart from your husband. It's wonderful to be a couple, to be able to rely on each other's strengths but it's as important to know that you have everything inside yourself to make it through this life.

My darling, granddaughter you are perfect in my eyes... outwardly and inwardly. You will make mistakes, as we all do. Learning from them will take you further on your path of self awareness. But you always have been and always will remain ... a beautiful soul.

You have enriched my life beyond words to tell you.

I will love you forever and ever and ever...

Bubby (My official Matriarchal name)

I leave you with this:  
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— Lynn Dove

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# ACC Conference Clash



Photo provided

Isabella Poole is a former local Ponte Vedra High #1 star athlete who now attends FSU on the Women's Track/Cross Country team at Florida State University. She recently competed in the 2016 ACC Conference Clash/Indoor College Track at the Birmingham Complex in Birmingham, Alabama on Jan. 22. Poole competed in the women's 5k on the track with a PR of 18:28.

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# Florida Album Quilts

**Bonnie Talley**  
Quilt Lady

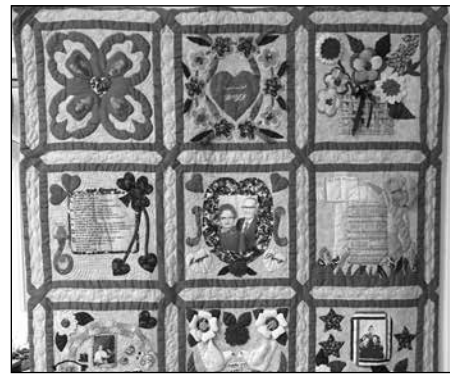
Back in the 1840s, ladies would carry around a small album with blank pages to be filled with autographs, sayings, pictures, drawings, etc. from their friends. By the 1890s some ladies in Baltimore, Maryland had the idea of having pieces of fabric signed by their friends since an indelible pen had been invented. Some of the ladies who made “crazy quilts” decided to upgrade them to more sophisticated, elaborate quilts by asking their friends to not only sign the blocks of fabric, but to embroider, paint, or embellish the blocks in any way they wished; thus, the Baltimore Album Quilts were started.

Many of these beautiful quilts have lasted through the ages and may be seen in quilt museums as well as nationally recognized museums such as the Metropolitan in New York and the Smithsonian in Washington, D.C.

Several years ago, I decided to make a

Texas Album Quilt, related to my family. By then, there was a method of printing pictures on fabric. This process is much better now, and pictures look as though they are printed on paper. I started out by printing a picture of my mother and dad for the center block. They were married 57 years before my dad passed away. There are white lovebirds in one block with mom and dad’s wedding anniversary date embroidered on it. They married Oct. 20, 1920.

A block has pictures of my father in his WWI Army uniform along with my two brothers who served in WWII in the Navy. Also in that block is a pen and ink drawing of a coal driven railroad engine that was done by my Headmaster, Ted Sanford, at Ft. Worth Country Day School where I taught for fifteen years. My dad and brothers worked for the Texas and Pacific RR most of their lifetime. You’ll also notice the three stars in that same block, representing Mr. Whoozy who was a three star, Vice Admiral in the Navy.



Another block has an Irish blessing printed on it since we were all very Irish. Another block had my mom’s favorite hymn, “The Old Rugged Cross,” printed on it along with 3D irises, one of her favorite flowers. The name “BOYD” is appliqued in the center of a large red heart in another block, as that was my maiden name. “Forget-me-Nots” flowers surround the heart. The ‘Rose of Sharon’ block that I designed, is special as that was my mom’s favorite flowering shrub.

My son, Patrick, is my pot of gold at the end of the rainbow in another block. He is truly my treasure on earth. That block also has my favorite things in it: my love for kitty cats, dogs, sewing, quilt-

ing, piano and music, and tea sets. I am shown sewing on my machine in my classroom, as I always taught children how to use my machine and how to hand quilt. My three precious grandchildren are pictured in another block.

Texas was my home for many years, and the shape of Texas done in the Texas flag colors with bluebonnets, the state flower, is a necessary block. A Hawaiian paper-cut block of palm trees and hibiscus represents my new home, Florida. It has been said that my hibiscus looks a lot like Disney’s Mickey Mouse — hmmm. This quilt is hand appliqued and hand quilted.

The techniques that I used making this quilt are hand applique, ruching roses, 3D applique, hand embroidery as well as machine embroidery, pen and inking, and hand quilting. Making an album quilt is truly a treasure or heirloom.

Feb. 12 at 10:00 at the Players Community Center on Landrum Ln., off CR-210 behind the Shell station, I shall be teaching a class on “Color and Baltimore Album Quilts with a taste of Florida.” This will be at the monthly meeting of the Ocean Wave Quilters Guild. Everyone is invited.

**THEME: U.S. PRESIDENTS**

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**ACROSS**

1. Bit of parsley
6. Jodie Foster’s “\_\_\_’s Island”
9. Hat-tipper’s word
13. Baby grand, e.g.
14. \_\_\_ mode
15. Baggins of the Shire
16. DNA and RNA
17. Any high mountain
18. Daisylike bloom
19. \*Hailed as the “Father of the Constitution”
21. \*First Republican President
23. Lungful
24. Darn a sock, e.g.
25. Bldg unit
28. \*John Adams to John Quincy Adams
30. Soldier’s knapsack
35. Inside scoop
37. 16 of these in Tennessee Ernie Ford song
39. Masonic door-keeper
40. Smoothie berry
41. \*George to George W.
43. Hindu serpent deity
44. Most are now wireless
46. Glacier’s deposit
47. Smiley face
48. Chole\_\_\_
50. Windshield option
52. “C’\_\_\_ la vie!”
53. Number of judges on Supreme Court

55. Leave speechless
57. “On guard” to a fencer
61. \*Under him, the White House debuted its website
65. “Will comply” in radio communication
66. One of five W’s
68. Smooth
69. Fill with high spirits
70. Tan maker
71. October 31 option
72. Scarlet and crimson
73. Indeed
74. Hollers

**DOWN**

1. Unwanted correspondence
2. Type of type
3. Policemen’s surprise
4. Calcutta’s home
5. Blake Lively’s “\_\_\_ Girl”
6. Indian flatbread
7. “\_\_\_ at ease”
8. Breakfast syrup
9. Catchall abbr.
10. \_\_\_phobia, fear of heights
11. Cain’s unfortunate brother
12. Between dawn and noon
15. Movie “Smokey and the \_\_\_”
20. Talk like Demosthenes
22. Cartridge contents

**SUDOKU**

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	7					4			6

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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.

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>24. Official command</li> <li>25. *First to live in Executive Mansion</li> <li>26. Lace loop</li> <li>27. *Clinton signed North American Free ___ Agreement</li> <li>29. *First “Dark Horse” presidential candidate</li> <li>31. Sound of a small bell</li> <li>32. Emanation from a loudspeaker</li> <li>33. Knight’s breastplate</li> <li>34. *First to run against a woman</li> <li>36. Wedding cake layer</li> <li>38. 18-wheeler</li> <li>42. Of the kidneys</li> </ol> | <ol style="list-style-type: none"> <li>45. *Liberia’s capital named after him</li> <li>49. Jar cover</li> <li>51. “American Horror Story” disgraced clown</li> <li>54. Full of news</li> <li>56. Accustom</li> <li>57. Water carrier</li> <li>58. World’s longest river</li> <li>59. Alternative to Saran</li> <li>60. Parts of play</li> <li>61. Flipside of pros</li> <li>62. Asian weight unit</li> <li>63. *Like President’s office</li> <li>64. Brooklyn players</li> <li>67. Tint</li> </ol> |
|---|--|

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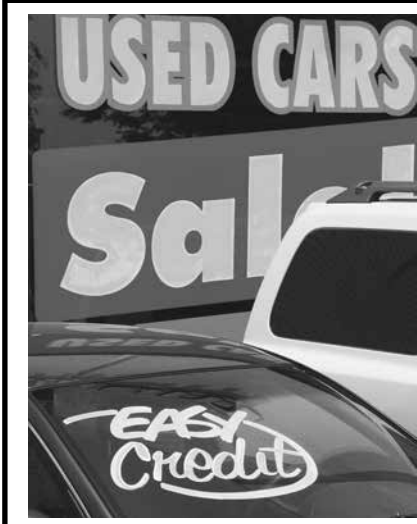
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Lutheran Church**  
276 N. Roscoe Blvd. *Pavilion (dress weather appropriate)*  
(904) 285-5347 • email: LordofLife2@juno.com  
[www.LordofLifePVB.org](http://www.LordofLifePVB.org)  
Rev. John Hugus, Interim Pastor  
9:45 Communion Worship  
Sunday School Follows the Children's Message  
Mid-Week Lenten Wednesdays  
Soup -n- Bread Supper • 6:00 p.m.  
February 17 - March 16 • 7:00 p.m. • Theme will be: "Baptism"

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