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PonteVedraRecorder.com



Photo provided by Nona Blue

Blues coming soon to Ponte Vedra

PGA Tour golfer Graeme McDowell announced last week that his Nona Blue Modern Tavern restaurant will expand with a second location in Sawgrass Village in Ponte Vedra Beach, expected to open in the spring of 2016. **Page 4**



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Calling all pet lovers

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Meet Your Medical Professional

Making the most of employee health benefits, success with health insurance hurdles, and more

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



Visit our brand new website at www.pontevedrarecorder.com
Plus, find the Recorder on Facebook at www.facebook.com/ThePVRecorder

PUZZLE SOLUTIONS

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7	5	9	4	8	1	2	3	6

Solutions correspond to last week's puzzles.



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What's this?



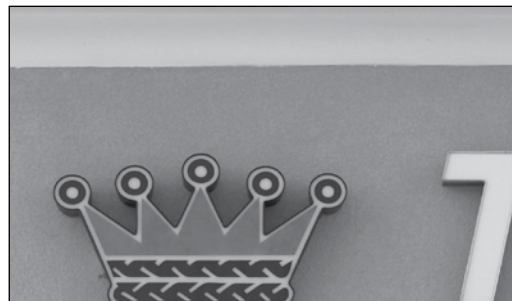
Do you know what this is?

Email your answer to kelly@opcfla.com 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.

Many readers identified the Tire Kingdom sign! The Williams family were our lucky guessers this week, chosen at random. Williamses, please pick up your zoo tickets!

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



Adoptable pets at the St. Johns County Pet Center

CAT OF THE WEEK

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



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

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.**



DOG OF THE WEEK

Well hello there! My name is Coco and I am a 4 year old female brown lab who is looking for a new loving home to

call my own. I was given up to the Pet Center as a stray. As this animal was a stray there may be some traits that are unknown at this time. Any new pet being introduced to a new home will need time to adjust to their new environment. Please reinforce house-training and behavioral training and be mindful of interacting with other pets. Come visit us today here at the Pet Center! #28320 Adoption fee sponsored by the Friends of the Pet Center

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Provided by PGA Tour

Players announces record \$8.1 million for charities from tournament

At a celebration last week honoring Northeast Florida charities supported by The Players Championship, PGA Tour Commissioner Tim Finchem announced that the 2015 tournament generated \$8.1 million for local charities, surpassing last year's record total of \$7.5 million. The money generated by The Players each year benefits more than 300 charities throughout Northeast Florida, totaling more than \$75 million in charitable giving since the event moved to Ponte Vedra Beach in 1977. The substantial increases over the past few years are attributed to a growing, dedicated fan base; support from the event's Proud Partners – PwC

and Optum; and the tireless and selfless efforts of the tournament's volunteer force.

The announcement was made during The Players Charity Celebration hosted by Commissioner Finchem under the lights at the 17th hole at The Players Stadium Course at TPC Sawgrass, with the \$8.1 million grand total displayed on a tournament scoreboard behind the green. The event is part of a series of activities during The Players 2015 Giving Back Month designed to highlight the work of the many charitable organizations in Northeast Florida that

RECORD continues on **Page 12**

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Provided by Nona Blue

Nona Blue was founded in Central Florida in 2013. The new location will be housed in a free-standing waterfront building in the Sawgrass Village Shopping Center, with about 300 seats.

Nona Blue to expand in Ponte Vedra next year

Kelly H. McDermott
The Recorder

2010 U.S. Open Champion and four-time Ryder Cup golfer Graeme McDowell's Nona Blue Modern Tavern is expanding to Ponte Vedra Beach's newly redeveloped Sawgrass Village in the spring of 2016. After experiencing success in Orlando's Lake Nona area, the founders of the restaurant and bar set their sights on Ponte Vedra because of TPC Sawgrass and the area's home status for the PGA Tour, according to a release.

"My family and I love spending time in Ponte Vedra Beach when I compete at The Players," said McDowell, who won the OHL Classic in Mexico on Monday. "I'm thrilled to expand Nona Blue to such a beautiful city with so much golf heritage. We considered many options for our second location, but I can't think of a better place to bring our restaurant. We're looking forward to welcoming the residents of Ponte Vedra Beach and the many visitors to the area when we open in 2016."

"We embrace the spirit of a neighborhood tavern – a place where you always feel at home and comfortable whether you're right off the course, hanging with friends or having dinner out with family," said Joe Davi, one of the founding partners and veteran restaurateur. "We then polished and modernized the traditional tavern concept by elevating the food service to a level that could rival a more formal dining experience."

Davi has 13 years of experience with the regional management of J. Alexander's, including opening the one located at the St. Johns

Town Center in Jacksonville in 2007. Davi combined forces with Bill Bona, whose family owned a popular restaurant and bar in Celebration, Fla., to develop a new restaurant concept for Central Florida.

"Our goal was to create a restaurant with high quality food and the social tavern atmosphere of the Celebration property," said Davi. "Hardwood grill, cooked over hickory. Smell the grill, see the centerpiece bar."

Davi and Bona approached Graeme McDowell with the idea. McDowell suggested they bring the concept to the Lake Nona area.

"The Lake

Nona Area, which I live in, is a quite underdeveloped part of town," McDowell said in an interview last year. "I've been there for eight years on and off. Any time we want a nice glass of wine and a nice steak, we've got to jump in the car and drive 30 minutes. So the area was crying out for something."

After the meeting between McDowell, Davi and Bona, they opened Nona Blue in 2013. Since opening, Nona Blue has won dining awards and

wine list awards in Orlando, including a Foodie award from Orlando Sentinel nine months after opening.

"We won best burger, best newcomer, best wine list, best bar menu, best outdoor dining," Davi said proudly.

"We cook the cheeseburgers, and Graeme hits the golf balls. With his exposure worldwide, we have guests from around the world who are exposed to him. He really has a huge fan base. We doubled our expectations."

Nona Blue will be located in a waterfront, free-standing building at the front of the Sawgrass Village Shopping Center, facing A1A.

It will occupy 7,148 square feet of indoor space and 1,564 square feet outdoors. The tavern will have close to 300 seats.



Graeme McDowell at the Celebration, Fla., location of Nona Blue.

4-H Marine Ecology Club awarded Guy Harvey Mini-Grant

Funds will be used to combat erosion in local marshes

Patrician Price Community Submission

The GTM Research Reserve/St. Johns County 4-H Marine Ecology Club received a \$300 Service Learning in Aquatic and Marine Education and Conservation mini-grant, funded by the Guy Harvey Ocean Foundation through the University of Florida/IFAS Extension 4-H Youth Development Program. These mini-grants benefit 4-H club youth, local communities and the environment.

“The 4-H Marine Ecology Club continues to be one of the reserve’s favorite success stories,” said Michael Shirley, director of the GTM Research Reserve. “The hard work and dedication of the teams and volunteers who work with them is truly impressive.”

This 4-H community service learning project will help determine which substrate (the base on which an organism lives) can best support Spartina alterniflora plugs by using hydroponics to grow it at the GTM Research Re-

serve Education Center. In studying the shoreline erosion, the club decided this would be the most beneficial short-term project. They will test various substrates to uncover the best for growing Spartina so that it can be grown most efficiently in an artificial environment.

“Through this project, we hope to grow Spartina so that we can help to restore shorelines that have been damaged by erosion,” said Nick Wiswedel, 4-H club member who is leading the project. “This information can then be passed on to others for their erosion issues.”

Thanks to the Guy Harvey Ocean Foundation, mini-grants up to \$300 from the Florida 4-H headquarters, are available to county 4-H clubs to support community service learning projects related to marine and aquatic education and conservation. Florida 4-H is the youth development program of Florida Cooperative Extension, a part of the University of Florida Institute of Food

and Agricultural Services (IFAS). The 4-H is the nation’s largest youth development organization with over 230,000 members in the state of Florida and more than 6.5 million young people across the nation.

For more information about St. Johns County 4-H, visit <http://stjohns.ifas.ufl.edu/4-H.shtml>.

The GTM Research Reserve is one of 28 National Estuarine Research Reserves across the nation focused on researching, educating and protecting the natural biodiversity and cultural resources within the estuary. It is managed by Florida Department of Environmental Protection’s Florida Coastal Office, in partnership with the National Oceanic and Atmospheric Administration. The Environmental Education Center is located at 505 Guana River Road, Ponte Vedra Beach, Florida, 32082. For more information about the GTM Research Reserve, call (904) 823-4500 or visit www.gtmnerr.org.



Provided by GMNERR

St. Johns County 4-H Marine Ecology Club member Nick Wiswedel is leading the mini-grant project at the GTM Research Reserve.

2015 HOLIDAY ROUNDUP

Get a jump start on celebrating the holidays! The Recorder’s Holiday Roundup is full of ideas on how you can celebrate the season this year. The listing includes events from all over the First Coast featuring annual traditions and a few new ones too. Happy (almost) holidays!

Nutcracker Tea Party

Christ Church’s annual Nutcracker Tea Party is Sunday, Nov. 22 from 4-6 p.m. at the Ponte Vedra Inn & Club, 200 Ponte Vedra Blvd., Ponte Vedra Beach. The program will include ex-

cerpts from the 20th annual Nutcracker Ballet Performance on Saturday, Dec. 12 at 6 p.m. at UNF’s Lazzara Theatre.

The cost for the Nutcracker Tea is \$25; the event is a sell-out each year. Tickets for the 20th annual Nutcracker ballet are also \$25. Tickets for either event are available for purchase online at www.missfeliciasdance.com. For more information, call (904) 923-0604.

Surf Illumination

The 2015 Surf Illumination is Friday, Nov. 20 from 4-7 p.m. at the Saint Johns County Pier Park, 350 A1A Beach Blvd., St. Augustine. The event will include live

music, kids activities, a visit from Santa, and the ceremonial lighting of the Christmas tree by Mayor Andrea Samuels at sunset. There will also be local vendors on site selling holiday gifts. The event is free and open to the public. For more information, visit www.thecivicassociation.org.

Handel’s Messiah

The Island Chamber singers present Handel’s “Christmas Messiah” at Amelia Plantation Chapel Friday, Nov. 20 from 7-9 p.m., Sunday, Nov. 22 from

HOLIDAY ROUNDUP continues on Page 30

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***Susan Slappey** was born and raised in Jacksonville and comes from a long line of Jacksonvillians. Her ties to the area can be traced back several generations. Her great grandmother was from Mayport, and her family ran the lighthouse in Mayport. Her grandmother on her mother's side was in the first graduating class at Fletcher in 1938. Slappey is a Bishop Kenny graduate, and is CFO at MDM Commercial headquartered in Ponte Vedra Beach. MDM Commercial is owned by Steve Austin, who also has strong ties to the Jacksonville community.*

How long have you been with MDM Commercial?

I'm coming up on six years.

Tell me about the company, what do you do?

MDM Commercial is a distributor of commercial grade televisions, primarily. We have two divisions: healthcare and hospitality. We're headquartered here in Ponte Vedra, but we have a sales force all over the country. The hotel sales force is mostly here. We have about 16 people in the office here and we've really grown a lot in the last couple of years. From the medial side, we do a lot of business with hospitals and we provide more than just the T.V.s, we provide some services. We have engineers on staff and they'll go in and kind of help design the room layout for the patient room T.V.s and the common areas like the lobbies that have T.V.s, so we try to provide a lot more service than just a T.V.

What do you enjoy doing in your free time?

This time of year, we spend a lot of time going to Tallahassee going to football games. My husband and I are both FSU grads and he's from Tallahassee, so we get over there quite a bit. I like to fish and go to the beach. We have a little house on the river in St. Johns County — we like to spend a lot of time out there on the water.

Tell me about your family.

I have two daughters that both live here — Erin graduated from Florida State and Carli graduated from Ole Miss. My husband, Mark and I have been married 31 years next week. He works for Synovus Bank.

Do you belong to any clubs or organizations?

I'm a 2003 member of the Leadership Jacksonville class. I served on their board of directors for about six years. I'm involved with my church. One of my past big volunteer events I worked on was the Greater Jacksonville Kingfish Tournament. I spent many years working on that. I do volunteer work through MDM with the Ronald McDonald House, Steve's a big supporter of the House and has provided T.V.s for the rooms and we're getting ready to provide T.V.s for the expansion rooms. As MDM, we do meals at the Ronald McDonald House. This year, we've gotten involved with Beaches Habitat for Humanity and we built a house, so we had a house building day. Steve is very committed to the community.

— Carrie Resch / The Recorder



Photos by Susan Griffin

Left: Isabelle Rodriguez & Dr. Erika Hamer; **Above:** William Battah, CPT, Amy Green, Mateo Bennett, Andrew Michael, Dwyn Taylor, Isabelle Rodriguez and Dave Danzeisen; **Bottom:** Nancy Hallett & Dr. Robi Tamargo

A salute to Chamber veterans at Ruth's Chris

The Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce hosted a special Chamber at Noon last week with the theme "A Salute to Chamber Veterans."

The event, hosted at Ruth's Chris Steak House (814 A1A N., #103 in Ponte Vedra) featured speakers Cpt. Amy Green - USARMY, Mateo Bennett - former US Marine, ADT SGL Sales and Andrew Michael - former US Marine, Realtor, RE/MAX Unlimited. While guests enjoyed dining, there was a panel discussion of the speakers' service to the country, the experience transitioning to the workforce and how their experience translated to the business world. The lunch was sponsored by G. M. Hill Engineering, Inc.

For more information about future events, visit www.sjcchamber.com, or visit the Ponte Vedra Beach Division office at 200 Solana Rd., Suite B., in Ponte Vedra.

— Kelly H. McDermott



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Since 1966

Nocatee Happenings: The latest news from Nocatee



calling all pet lovers

Nocatee's Farmers Market Pet Lovers Day will be hosted on Sat. Nov. 21 from 10 a.m. to 2 p.m. at the Nocatee Town Center. This community-favorite event will be a "tail-wagging" good time, featuring performances by the World Famous Disc-Connected K9s (seen on this page at a 2014 Nocatee Farmers Market), pet adoptions, over 80 local vendors and more. The Nocatee Farmers Market is free and open to the public.



Photos by Susan Griffin



Nocatee Happenings: The latest news from Nocatee



Photos provided by Florida Ballet

Residents invited to save for Florida Ballet Nutcracker

For the past 32 years, the dancers of The Florida ballet have joined world recognized guest dancers to delight Jacksonville with one of the most memorable holiday classics, The Nutcracker. Nocatee residents can receive half-off tickets for this event, hosted at the University of North Florida's Lazarra Theater.

Residents can e-mail fun@nocatee.com

to receive a Resident Discount Code which can be used to purchase tickets online at <http://hubs.ly/H01mQ470>.

There are four shows to choose from: Sat., Dec. 19 at 2 p.m. and 7:30 p.m. and Sun., Dec. 20 at 2 p.m. and 7:30 p.m.

The Florida Ballet at Jacksonville, Inc. (d/b/a The Florida Ballet) was founded in 1978 by Laurie Picinich-Byrd and Mi-

chael F. Byrd. Today, the Florida Ballet is housed at 300 East State in downtown Jacksonville. The facility encompasses three large sprung-floor studios, dressing rooms, professional sound system, and offices for staff. Staff members include Artistic Director, Administrative Director, Development Director, and 8 full and part-time professional teachers

with over 25 years' experience in dance education. Many of the faculty are also certified in ABT® curriculum. The Florida Ballet is governed by a volunteer Board of Directors made up of business and civic leaders from across the north-east Florida area and is IRS registered 501(c)(3) organization incorporated in the state of Florida.

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The Players Giving Back Month concludes with Red Coat Ride Out at K9s For Warriors

Visit included tour of the new facility, surprise gifts

The Players Championship past tournament chairmen – the Red Coats – toured the new K9s For Warriors facility today as part of Giving Back Month.

During the event, The Players, joined by Web.com Tour and PGA Tour player Jeff Klauk, surprised the warriors in the program with gifts,

including new laptop computers. K9s for Warriors is a beneficiary of the Tour's Birdies for the Brave initiatives.

On, November 11 The Players Championship made a surprise \$10,000 donation to K9's For Warriors during the First Coast News K9s For Warriors telethon.

K9s For Warriors is dedicated to providing service canines to warriors suffering from Post-Traumatic Stress Disability, traumatic brain injury and/or military sexual trauma as a result of military service post 9/11. Their goal is to empower warriors to return to civilian life with dignity and independence.

"K9s For Warriors is an amazing organization in our community, actively working to enrich the lives of warriors suffering from injuries, both mental and physical, caused by their patriotic service in the United States military," said Brian Franco, 2015 Tournament Chairman. "The \$10,000 donation given last week will enable the staff the opportunity to continue helping our service men and women."

"Giving back to local charities is one of the best parts about being in the PGA Tour family," said Jeff Klauk, PGA Tour and Web.com Tour player.

"These men and women have been through so much for our coun-

K9s continues on Page 13

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IN REMEMBRANCE

Gerard Vella



VELLA

Gerard Vella passed away November 13, 2015 in Baptist Beaches Hospital in Jacksonville Beach, FL. He was born in Detroit fifty-four years ago and spent his high school years in Northern Michigan. He attended Northern Michigan College for two years, and

then enlisted in the US Navy.

He spent most of his adult years in Cincinnati until he relocated to Ponte Vedra, Florida in 2012.

He was a lifelong pro wrestling fan with detailed knowledge of the stars, past and current. He had a kind and happy personality.

Gerard is survived by his father, Joseph; step-mother, Ora; twin brother, Michael; sisters, Susan (Keith), Mary and Jericho; step-brother, Lance; nephews, Alex, Nicholas and Ayden; and niece, Samantha. He was predeceased by his mother, Ruth.

A Memorial Service will be held for Gerard at Sawgrass Country Club in the Golf Clubhouse on Friday, December 4, 2015 at 11:00am.

In lieu of flowers, donations in Gerard's name may be made to Community Hospice of NE FL, 4266 Sunbeam Rd., Jax., FL 32257.

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



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Photos by Susan Griffin

Left: Rusty and Amy Pritchett with Adam Campbell; Above: Eric & Cristina Becher

Record

Continued from 3

benefit from the tournament. Guests enjoyed food and drinks as they celebrated the myriad ways the community helps The Players to make an impact on Northeast Florida charities.

“Each year, the charitable dollars generated at The Players continues to grow,” said Finchem. “Generating \$8.1 million for local charities in a single year is an impressive accomplishment that couldn’t be possible without the hard work from our staff and volunteers, the support of PwC and Optum, and the Northeast Florida community.”

Much of the \$8.1 million generated from The Players 2015 benefits local children’s charities, in line with the event’s committed goal to generate \$50 million for youth-related charities over 10 years. The event is dedicated to making a significant financial impact on local non-profits that promote youth education, health and wellness,

and character development. To date, more than \$30 million has been raised toward that goal.

“The 2015 tournament set an attendance record, had the most exciting finish in tournament history and has now broken its own charitable giving record,” said Brian Franco, 2015 tournament chairman. “To say I am proud to have been the 2015 tournament chairman is an understatement. I know I speak for the 2,200-plus volunteers when I say that watching \$8.1 million flash on that screen validates why we put in countless hours making this tournament something Northeast Florida is proud of.”

On November 2, The Players volunteer leadership – the Red Coats – accompanied by PGA Tour player Jim Furyk, kicked off Giving Back Month at the TPC Sawgrass Clubhouse by hosting a “Dream Party” for Dreams Come True. The dreamer, Brad Ratzlaff, a local 19-year-old graduate of Orange Park High School who is battling acute lymphoblastic lymphoma, received a number of surprises from Furyk and

The Players, including a family trip to Maui for the Hyundai Tournament of Champions in January, a new set of golf clubs, the opportunity to walk with Furyk inside-the-ropes during the tournament’s pro-am and spending money for the week. In addition to the dream fulfillment, The Players made a surprise \$10,000 donation to Dreams Come True.

On November 4, the Red Coats – accompanied by Web.com Tour player Jeff Klauk – visited Angelwood, a non-profit organization that helps children and adults with developmental disabilities such as autism, cerebral palsy, Down syndrome, intellectual disabilities, Prader-Willi syndrome and spina bifida. At the visit, Klauk and the Red Coats took a tour of the facility, interacted with the participants in the programs and presented a surprise, much need, 15-passenger van to Angelwood.

Finally, the Red Coat Ride Out concluded on November 16 at K9s For Warriors, which received a surprise \$10,000 donation from The Players during First Coast News’ K9s For Warriors

telethon. During the November 16 visit, the Red Coats toured the new K9s For Warriors facility and met some of the warriors and their canine companions.

The Players Championship annually combines the best field in golf with the world-class venue that is The Players Stadium Course at TPC Sawgrass.

PwC and Optum are the exclusive Proud Partners of The Players. Proceeds from The Players benefit Northeast Florida charities and have totaled more than \$75 million since the event moved to Ponte Vedra Beach in 1977, including a record \$8.1 million donation in 2015. In April 2011, The Players announced a new charitable focus, committing to generate \$50 million for youth-related charities over the next 10 years. For more on The Players and the surrounding area, visit PGATour.COM/THEPLAYERS or floridashistoriccoast.com.

The Players is set to return to The Players Stadium Course at TPC Sawgrass, May 10-15, 2016. More information about The Players is available at PGATour.COM/theplayers.

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Photo provided by PGA Tour

K9s

Continued from 10

ty and having the chance to make a difference in their lives, and the lives of their service canines, is very rewarding.”

Since 2012, K9s For Warriors has named a service canine after that year’s PLAYERS champion. The Players canine lineage consists of “Kuch” named after 2012 champi-

on Matt Kucher, “Tiger” named after 2001 and 2013 champion Tiger Woods and “Kaymer” named after 2014 champion Martin Kaymer.

Part of the \$10,000 donation will go towards training a service canine to be named after the 2015 tournament champion Rickie Fowler.

The chosen canine will be showcased during the 2016 PLAYERS Championship and will meet its namesake during a special presentation at the event.




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Thursday, Nov. 19	Friday, Nov. 20	Saturday, Nov. 21	Sunday, Nov. 22
<p>Whistle Talk Dan Schafer will speak on the Minorcan Odyssey from the islands of Smyrna in Greece to what became New Smyrna Beach, Florida, and the communities the Minorcans settled in afterwards Thursday, Nov. 19 from 5:30-7 p.m. as part of the Beaches Museum & History Park's Whistle Talk series. Admission is \$5 for non-museum members; museum members are admitted free. The presentation will be held at the Beaches Museum Lobby. The museum is located at 381 Beach Blvd., Jacksonville Beach. For more information, call (904) 241-5657 or visit www.beachmuseum.org.</p> <p>Talk with a Doc Talk with a Doc: "Living to prevent diabetes" is Thursday, Nov. 19 at noon at the Y Healthy Living Center at Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra Beach. The Healthy Living Center will be hosting a Diabetes Awareness Day featuring Dr. Renuart of Baptist Primary Care who will explain the screening procedures and recommendations for type II diabetes. Seating is limited, so reserve your space today at baptistjax.com/ymca or by calling (904) 202-5376.</p> <p>MOSH After Dark: Silent Disco MOSH After Dark: Silent Disco takes place Thursday, Nov. 19 at 6:30 p.m. at the Museum of Science and History, 1025 Museum Circle, Jacksonville. The cost is \$10; \$8 for members. For more information or to register for the event, visit www.themosh.org.</p> <p>Roberto Coin Trunk Show Underwood Jewelers Ponte Vedra Beach location is hosting a Roberto Coin Trunk Show and cocktail party Thursday, Nov. 19 from 6-8 p.m. The event will include check presentations Baptist Medical Center Beaches and Mayo Clinic-Jacksonville for money raised during the Pink Ribbon Golf Classic. Additionally, 10 percent of the proceeds from all sales at the Roberto Coin Trunk Show will be donated to The Pink Ribbon Golf Classic. Underwood Jewelers is located at 330 A1A N., Ponte Vedra Beach.</p>	<p>MOSH \$5 Fridays Every Friday, come to MOSH to enjoy \$5 admission and extended hours. The museum will be open late every Friday until 8 p.m. (Note: Additional discounts or coupons are not permitted).</p> <p>For The Love of Driving Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. If you are interested, please contact the Mobility Manager at the Council on Aging, 904-315-6505, or email il Katie Arnold at karnold@stjohnscoa.com.</p> <p>Life Enrichment Group The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m.-2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email life_enrichmentgroup@yahoo.com.</p> <p>Julien de Casabianca at The Cummer Join the Cultural Council of Greater Jacksonville and VyStar Friday, Nov. 20 for a very special talk with the creator of the Outings Project. Hosted by the Cummer Museum, Julien de Casabianca, a French visual artist and filmmaker, will be in Jacksonville as an artist in residence with the Cummer Museum to assist in furthering the Outings Project in Jacksonville. The lecture will take place from 7-8 p.m. Tickets for the lecture are \$10 for Cummer Museum or Cultural Council members; \$15 for non-members. Registration required. Tickets for a VIP reception and lecture are \$30 and include a meet and greet with Mr. Casabianca, two beverage tickets, a complimentary family pass to the museum and reserved seating for the lecture. The VIP event takes place from 6-8 p.m. All proceeds from ticket sales will go directly to support the JaxOutings initiative. For more information or to register for the event, visit www.cummermuseum.org.</p>	<p>Katz 4 Keeps Adoptions/ Open House Katz 4 Keeps is having an adoption event/ open house on Saturday, Nov. 21 and Sunday, Nov. 22 from 11 a.m.-3 p.m. at Katz 4 Keeps, 935B A1A N. in Ponte Vedra Beach (next to Sherwin Williams). For more information, call (904) 834-3223 or email katz4keeps.com.</p> <p>Nocatee Farmers Market The Nocatee Farmers Market this November invites the community to celebrate our four-legged friends. The Pet Lovers' Farmers Market, sponsored by VyStar Credit Union, will feature performances by the world famous Disc-Connected K9 Frisbee Dogs at 11 a.m. and 1 p.m., dog training workshops, local pet adoptions, and special pet vendors! Along with this seasonal and festive theme, the market includes over 80 local vendors offering items such as organic produce, herbs, spices, delicious unique foods, crafts, jewelry and more! Free face painting by Chet's Creek Church will also be available for little ones, along with free crafts. The Nocatee Farmers Market takes place from 10 a.m.-2 p.m. at the Nocatee Town Center Field, 100 Marketside Ave., Ponte Vedra Beach.</p> <p>Christmas at Downton Do you love "Downton Abbey" or simply enjoy making your home festive for the holidays? Cathy and Marilyn, members of the Las Adelfas Circle of the Garden Club of St. Augustine, are returning to the Ponte Vedra Library, Saturday, Nov. 21 at 2 p.m. to show you how to use food and flowers to spruce up your home with "Downton Abbey" as the inspiration. For even more ideas, the Garden Club of St. Augustine also hosts the annual holiday Tour of Homes in St. Augustine. If you wish, buy raffle tickets from the Friends of the Library at this program to win the arrangements the Sisterhood creates. Proceeds from the raffle help to sponsor this program. Anyone who attends in "Downton Abbey"-inspired attire will receive a free raffle ticket. Doors will open at 1:30 p.m. and light refreshments will be provided by the Friends of the Library.</p> <p>Live Music at Table 1 Table 1 at 330 A1A N will host Latin All Stars live starting at 7:30 p.m.</p>	<p>Nutcracker Tea Party Christ Church's annual Nutcracker Tea Party is Sunday, Nov. 22 from 4-6 p.m. at the Ponte Vedra Inn & Club, 200 Ponte Vedra Blvd., Ponte Vedra Beach. The program will include excerpts from the 20th annual Nutcracker Ballet Performance on Saturday, Dec. 12 at 6 p.m. at UNF's Lazzara Theatre. The cost for the Nutcracker Tea is \$25; the event is a sell-out each year. Tickets for the 20th annual Nutcracker ballet are also \$25. Tickets for either event are available for purchase online at www.missfeliciasdance.com. For more information, call (904) 923-0604.</p> <p>'Anything Goes' at Alhambra "Anything Goes" will be performed through Nov. 22 at Alhambra Theatre & Dining, 12000 Beach Blvd., Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit www.alhambrajax.com.</p> <p>Collection Tour Join the Cummer Museum of Art and Gardens us on Sundays for a guided tour of our permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p>Depression Support Group A Depression/Bipolar Support Group meets Sundays from 6-8 p.m. in the Azalea Room at Baptist Beaches Medical Center, South, 14550 Old St. Augustine Rd., Jacksonville. The support group is free and open to the public. For more information, call (770) 403-4991 or email whitneybat76@gmail.com. The group is facilitated by: Georgia State Certified Peer Specialist.</p> <p>Practice with Purpose at Big Fish Yoga Practice with Purpose is an all-level yoga class offered on Sundays from 4-5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga has relocated to the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South 3rd St. For more info. call (904) 372-0601.</p>

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Monday, Nov. 23	Tuesday, Nov. 24	Wednesday, Nov. 25	Thursday, Nov. 26
<p>Life Enrichment Group The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m.-2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email life_enrichmentgroup@yahoo.com.</p> <p>Caregiver Support Group The Players Caregiver Support Group meets every Monday 12:00-1:00 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. It is a great opportunity for caregivers to share resources and ideas. For more information, call (904) 280-3233.</p> <p>Habitat for Humanity volunteers Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and we help build them a simple, decent place to live. If you know someone who might benefit from Habitat homeownership, please refer them to our website. To find out more about how you can donate, volunteer, or qualify visit habitatstjohns.org.</p> <p>Arbor Terrace Life Enrichment Group The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m.-2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit www.at-pontevedra.com.</p> <p>Christina Hope exhibition Artwork from Christina Hope is currently on display at the J. Johnson Gallery, 177 Fourth Ave. N., Jacksonville Beach. The exhibition will run through Jan. 21, 2016. For more information, call (904) 435-3200.</p>	<p>Sunset Rotary Club weekly meeting The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6-7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call Club President Ron Mott at (904) 460-7092 or email HOJRON@aol.com.</p> <p>Palm Valley Farmers Market The Palm Valley Farmers Market takes place every Tuesday from 1:30-5:30 p.m. at the Palm Valley Community Center, 148 Canal Blvd. in Ponte Vedra Beach.</p> <p>SPLASH at PVPC Tuesday evenings, 7-8:30 p.m. the Singles Ministry SPLASH (Single People Loving and Serving Him) gather at Ponte Vedra Presbyterian Church, 4510 Palm Valley Road, Ponte Vedra. All single adults in the community welcome for fellowship, discussions on applying the Bible in our everyday lives along with a light dinner provided by KC's Kitchen. Mission and social opportunities as well. For more information, email julie@pvpc.com or call (904) 285-8225.</p> <p>'Finding Baroque' exhibit Edgar Endress "Finding Baroque" will be on display at the Crisp-Ellert Art Museum through Nov. 25. The exhibit is a collaborative project between Flagler students and artist Edgar Endress. The exhibit is open during regular business hours Monday through Friday from 10 a.m.-4 p.m. Admission is free. The museum is located at 48 Sevilla St., St. Augustine. For more information, visit www.flagler.edu/news-events/crisp-ellert-art-museum.</p> <p>Annual Activity Member Become an Annual Activity Member at The Players Community Senior Center! There are so many reasons to become a member: discounts on fee-based classes, designated events and Coastal Travel, complimentary participation in a wide variety of scheduled activities, to name a few! Please call Darlene Mahany at 280-3233 for all the details.</p>	<p>Gingerbread Unveiling at One Ocean The 2015 Annual Gingerbread unveiling at One Ocean Resort & Spa will take place Wednesday, Nov 25 at 10:30 a.m. Come see the giant gingerbread display unveiled - each year the theme is kept under wraps until the unveiling. The Jacksonville Children's Choir will perform followed by warm cookies and cider. Guests are also encouraged to bring canned vegetables, boxed stuffing or instant potatoes to benefit The Jim & Tabitha Furyk Foundation's Blessings In a Backpack: Hope for the Holidays. One Ocean is located at 1 Ocean Blvd., Atlantic Beach. For more information, call (904) 249-7402.</p> <p>PV Professionals Networking Group The Ponte Vedra Professionals Networking Group meets every Wednesday from noon-1 p.m. at Mulligans, 43 PGA Tour Blvd. in Ponte Vedra Beach. For more information, call Gloria at (904) 635-6103, visit www.pvpng.com, or email pontevedrapng@gmail.com.</p> <p>Ponte Vedra Toastmasters Make this the year to develop your speaking and leadership abilities! The Ponte Vedra Toastmasters Club offers opportunities for improving your communication skills. PLEASE NOTE NEW TIME! Join us every Wednesday at The Players Community Center at 175 Landrum Lane, Ponte Vedra Beach. The meeting starts promptly at 7:30 a.m. and lasts one hour. Want to know more? Contact Lucy Reep at (904) 607-3695 or contact-5199@toastmastersclubs.org.</p> <p>Travel Training Program The Council on Aging announces a Travel Training program designed to assist seniors in learning to ride the Sunshine Bus. If you are curious about expanding your transportation options or you would like to increase your confidence as a bus rider, let one of our trained volunteers assist you in navigating routes, reading time tables and making transfers. If you are interested, please contact the Mobility Manager at the Council on Aging, (904) 315-6505, or email karnold@stjohnscoa.com.</p>	<p>Thanksgiving Bash at Pete's Bar The tradition continues. Join thousands as they celebrate Thanksgiving Neptune Beach-style at the annual Pete's Bar Thanksgiving Bash Thursday, Nov. 26 beginning at 9 a.m. The party takes place on the street outside the bar. Pete's Bar is located at 117 First St. N., Neptune Beach. For more information, call (904) 249-9158.</p> <p>Bloody's & Biscuits at Ruth's Chris The sixth annual Bloody's and Biscuits takes place Thursday, Nov. 26 at Ruth's Chris, 814 A1A N., Ponte Vedra Beach. Thursday morning, enjoy complimentary, homemade biscuits and gravy and \$5 Bloody Mary's in the lounge. Thanksgiving lunch and dinner will be served from noon-8 p.m. The cost for the Thanksgiving feast is \$39.95 for adults; \$12.95 for kids. Call (904) 285-0014 for more information or to make a reservation.</p> <p>Thanksgiving at Pusser's Bar & Grille Pusser's Bar & Grille, located at 816 Highway A1A N., Ponte Vedra Beach, will be serving a Thanksgiving Feast on Thursday, Nov. 26. The cost is \$25.95 for adults; \$9.95 for children. Limited seating is available. Call (904) 280-7766 for more information or to make reservations. The regular dinner menu will also be available all day.</p> <div data-bbox="1549 1196 1995 1572" data-label="Image"> </div> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to pvrecorder@opcfla.com, post online at www.pontevedrarecorder.com using the automated form, or call (904)285-8831.</p>

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SHORT TAKES

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Rootsy, string-based “slamgrass” pioneers Leftover Salmon will perform at the Ponte Vedra Concert Hall Thursday, Nov. 5

Tickets for the standing room only show cost \$25 in advance; \$30 day of show. Doors open at 7 p.m.; show

starts at 7:30 p.m.

Tickets are available at the St. Augustine Amphitheatre and Ponte Vedra Concert Hall box office, as well as online at www.ticketmaster.com, at all Ticketmaster outlets or by phone at (800) 745-3000.

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SHORT TAKES

Jason Isbell to perform at the St. Augustine Amphitheatre

Award-winning Americana singer-songwriter Jason Isbell and special guests Shovels & Rope will perform at the St. Augustine Amphitheatre on Saturday, March 5, 2016. This concert date is Jason Isbell with Shovels & Rope's only Florida date. Tickets for Jason Isbell with special guests Shovels & Rope are

on sale now. Tickets range in price from \$29.50-\$49.50. Doors open at 6 p.m.; show starts at 7 p.m.

Tickets are available at the St. Augustine Amphitheatre and Ponte Vedra Concert Hall box office, as well as online at www.ticketmaster.com, at all Ticketmaster outlets or by phone at (800) 745-3000. For more information, visit www.staugamphitheatre.com.

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Photos by Susan Griffin

Mineral City celebrates 18 years

Mineral City turned 18 this month, and on Friday, Nov. 13 the design gallery hosted a community party to celebrate the milestone.

"It was a party not only to celebrate our success but the fact that our success came from having a loyal customer base and developing friendships and relationships over the years," said owner Laura West-Howson. "I was honored and privileged."

Mineral City was the first to move into the shops at 240 A1A N., and later moved to a different

location within the same shopping center to offer more retail space. Mineral City offers decor, mirrors, chandeliers, lamps, candles, frames, dinnerware, table linens, furniture, jewelry and accessories. The store also offers wedding and gift registries, decoration consultations and design services.

Mineral City is located at 240 A1A N., Suite 9. For more details, call (904) 285-4784 or visit www.mcpvb.com.

— Kelly H. McDermott



Photos by Susan Griffin

Top Left: Photos from the original opening of Mineral City

Second Row, Left: Carol & Ron Burns, Bruce Howson & Laura West-Howson

Second Row, Right: Joe & Anne Braunstein, Laura West-Howson & Bruce Howson

Third Row, Left: Becky Quin, Donna Burke, Marjo Mcinnis & Laura West-Howson

Third Row, Right: Lynette Dinneen & Scott Hill

Bottom, Left: Carol Burns & Laura West-Howson

Bottom, Right: Bruce Howson & Laura West-Howson



Cultural Center celebrates 25th anniversary of Holiday Shoppes

Kelly H. McDermott
The Recorder

Although the Cultural Center at Ponte Vedra Beach is known best for its community arts classes for young and old, arts-based outreach programs and its value as a venue for new and established artists, once a year the distinct building is transformed into a winter wonderland of gifts and goodies by a handful of hardworking staff members and volunteers.

Last week, the Cultural Center at Ponte Vedra Beach celebrated a quarter of a century of great shopping with the Silver Anniversary of the Holiday Shoppes, Nov. 13 to 15. Five dollars at the door gave shoppers access to unique gifts and an incredible head start on holiday shopping.

“We’ve got close to 30 vendors this year, and over half of them are new,” said Toni Boudreaux, Director of Development at CCPVB.

The event featured hand-picked boutiques from all across the country, like Indo Chic, with silk jackets and apparel, and Charleston Shoes, offering comfortable and stylish shoes and many accessory options for men.

Boudreaux said that because of the anniversary, she had hoped to make the shopping experience better than ever. All of the work was completed

with the five staff members at the Cultural Center and volunteers who donated their time.

“We turn an arts center into a mini mall, basically,” Boudreaux said. “I wanted it to be really big this year because it is the 25th anniversary – I wanted to blow it out of the park.”

In addition to new vendors and the mainstays from years past, Boudreaux looked at what had been successful in years past.

“The first year that the Cultural Center did the Holiday Shoppes, they had a lot of book vendors. I wanted to bring that back for the 25th anniversary,” she said. Boudreaux also collaborated with the Cummer Museum of Art and Gardens, with the Museum gift shop booking an entire room this year at the Shoppes.

The event kicked off with a preview party, catered by the Savory Market of Fernandina Beach.

“Everybody was really receptive to the new vendors this year and also happy to have some of the old ones back,” Boudreaux said.

For more information, call (904) 280-0614 x 205 or visit www.ccpvb.org. The Cultural Center at Ponte Vedra Beach is a 501(c)3 non-profit organization. Proceeds from this event directly benefit art programs at The Cultural Center.



Photos by Kelly H. McDermott

Top Left: Janet Wilson, a Board member and Brenda Ward, volunteer and longtime supporter of the Cultural Center. Wilson donates all proceeds from her Holiday Shoppes booth back to the Cultural Center.

Above: from left to right are Stefanie Robinson (owner of Flashes of Brilliance and Holiday Shoppes committee member), Toni Boudreaux (CCPVB Director of Development) and Susan Tudor (Manager of Visitor Services & Store Buyer for the Cummer Museum of Art & Gardens).



Make the most of employee benefits

BPT

Most American workers say they understand the importance of their employee benefits and personal finances, yet two out of five admit they know little or nothing about them, new research finds.

As employee benefits season begins, most people seemingly have their financial house in order, saying they prioritize understanding their personal finances (77 percent), having enough medical insurance (74 percent) and being on track to retire comfortably (65 percent), according to the 2015 MassMutual Employee Benefits Security Study. Yet, 38 percent say they know little or nothing about their employer-provided benefits such as health care, life insurance, 401(k) retirement plans and other benefits, the study finds.

MassMutual commissioned the study by KRC Research as part of an initiative to help educate workers about their employer-provided benefits and enable them to make better choices in selecting health care coverage, insurance protection, retirement savings and other benefits. The study focused on 1,517 working Americans who were at least age 18 in a wide variety of jobs and indus-



tries.

“Personal finances continue to bedevil many Americans, especially when it comes to understanding and making the most of their employee benefits,” says Elaine Sarsynski, executive vice president of MassMutual Retirement Services and Worksite Insurance. “Fortunately, there are resources for people to turn to get help in prioritizing and managing both their benefits and finances.”

While many people assert they do just fine managing their finances, 37 percent find doing so “somewhat” or “very difficult” and 40 percent say personal financial problems are a distraction at work, according to the study. Some groups find personal finance more difficult than others, including Millennials (58 percent), parents (50 percent), Generation X

BENEFITS continues on **Page 21**

Understanding your knee pain

BPT

Laura, a classically trained opera singer and avid motorcycle enthusiast, has been performing with various opera groups for more than 30 years. But recently her knees began to hurt, which made it difficult for her to stand during the performances. She was also having trouble sleeping through the night due to her knee pain. That’s when Laura decided to speak with her knee specialist about treatment options. He told her she had severe osteoarthritis (OA) in both knees and discussed total knee replacements. After her surgery and physical therapy, Laura was able to get back to auditioning and riding her Harley-Davidson motorcycle named Fireball.

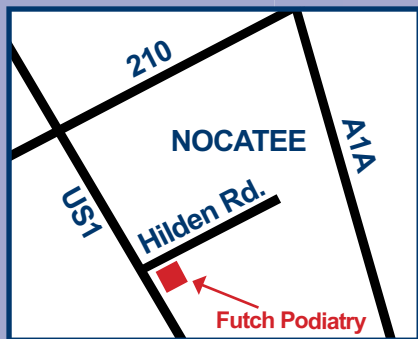
While Laura didn’t experience knee pain until she was in her 40s, knee pain may begin anytime in your life based on your lifestyle and family history.[i] It’s important not to ignore your knee pain, but how do you know when to talk with a doctor? There are a few signs to watch out for such as knee pain one or more days a week, pain when walking more than a block or when your pain interferes with sleep.

“I love performing opera. When my knee pain made that impossible, that’s when I

KNEE continues on **Page 22**

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Benefits

Continued from 20

(47 percent), women (44 percent) and those with annual incomes of \$50,000 or less (44 percent).

Many workers would appreciate having access to online tools. Seventy-three percent indicate they would be likely use such a tool if it were available free, especially if it were provided by a “trusted and respected financial services company.”

More benefit and personal finance tools are becoming available through employers and many are free, according to Sarsynski.

Many employers and benefits providers are introducing new tools to help you prioritize your retirement, health care and insurance protection benefits, she says.

Tips to prioritize your benefits

As workers are required to pay more or share more of the cost for their benefits, Sarsynski says, it becomes increasingly important to prioritize your benefits to fit your individual needs and budget:

* Health care coverage is the most important benefit unless you are already protected by a spouse’s medical plan.

* If you are married - especially if

you have children - securing life insurance and disability insurance are critical to your family’s well-being.

* Save as much as you can as early as you can for retirement to take advantage of the long-term benefits of compound earnings. At a minimum, contrib-

ute enough to your employer’s 401(k) or other retirement savings plan to obtain any matching contributions.

* It’s less critical for lower-paid employees earning the minimum wage or close to it to save for retirement because Social Security will replace a relatively

high percentage of your pre-retirement earnings. Other benefits such as health care and insurance protection are likely more important.

* Take advantage of employer-provided wellness benefits to boost your physical, emotional and financial health.

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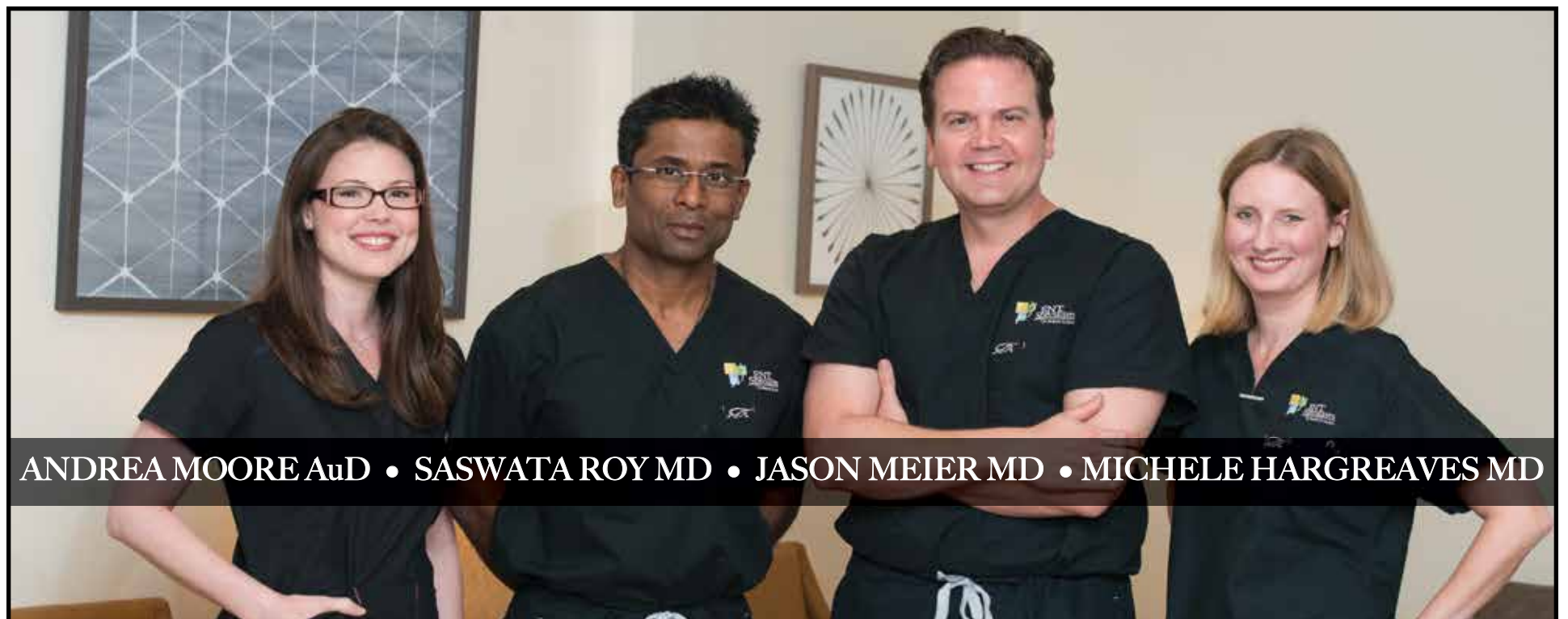
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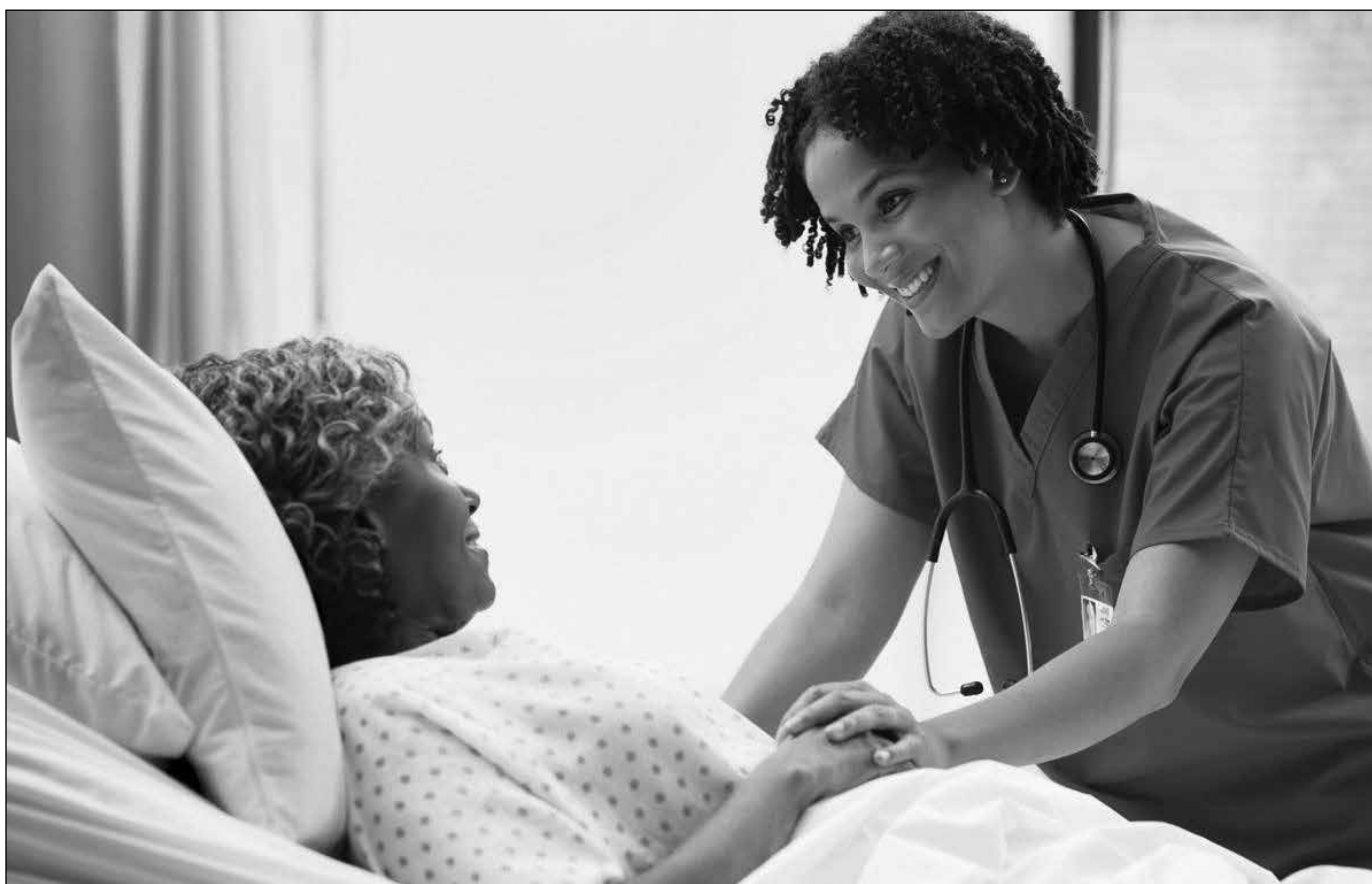
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5 SIGNIFICANT NUTRITION FACTS

BPT

The importance and value of nutrition is one of the first things people are taught at a young age, often reinforced by doctors at annual check-ups. Nutrition, however, extends beyond the foods we choose to consume and is particularly important when we are ill - for example, when someone is hospitalized and likely in a more vulnerable state of health.

Unfortunately, nutrition continues to be critically under-leveraged and undervalued across hospitals and clinical care settings, despite decades of scientific research that demonstrates the positive effect of nutrition on patient outcomes.¹

To make a measurable difference, healthcare professionals and administrators have an opportunity to help improve the focus of nutrition therapy in hospital settings, where it is needed the most.

Below are five things you should

(but may not) know about nutrition that can impact quality of care:

1. Nutrition encompasses much more than the food you put into your body. During illness, nutrition extends far beyond eating right and may require the use of specialized nutritional formulas, provided as an oral supplement or a tube feeding.

2. Hospitalized patients in compromised states of health - including critical care, surgical and malnourished populations - can benefit in their recovery when their individual nutritional needs are met. Dietitians, nurses, doctors and hospital administrators can have an impact on a patient's nutritional status.

3. While nutrition is often considered a component of care that's managed solely by a dietitian, in reality, proper nutrition has a profound impact on every aspect of a patient's care. Nutrition needs to be a focus for all professionals on the patient care team, including dietitians, nurses, physicians and hospital

administrators. When a synergistic approach and focus is applied to nutrition, better all-around outcomes are possible, improving overall quality of care.

4. Malnutrition can result in poor patient outcomes and higher healthcare costs. Studies show that poor nutritional health is one of the leading causes of morbidity and mortality. Research shows that 54 percent of hospitalized patients are malnourished and, on average, they are 3.4 times more likely to have major complications. These patients spend an average of 2.3 days longer in the hospital at an additional \$4,734 per stay.

5. There is evidence supporting nutrition's critical role. The role of nutrition therapy is integral to every aspect of patient care: research shows that prioritizing nutritional needs may lead to faster recovery times, lower rates of complications, reduced costs of care and an overall improvement in quality of care.

Health insurance hurdles?

4 times to ask for help

BPT

Millions of people each year find themselves in transition with their health care coverage. They may be leaving an employer and considering COBRA coverage, or may be nearing retirement and planning to enroll in Medicare. They may be able to use Medicaid for their children's health care coverage or an exchange plan on the Health Insurance Marketplace with lower costs from subsidies.

"The world of choosing health care coverage is becoming very complicated, especially for people making life transitions," says Tricia Blazier, personal health and financial planning director for Allsup. "Many people may not realize the true alternatives and options they have available, mainly because it's unfamiliar territory."

Cost is a top concern, according to a Healthline survey of 490 U.S. consumers. More than half of survey respondents, or 50.8 percent, said they would rather avoid seeking medical treatment than face the high costs or coverage limits

HURDLES continues on Page 23



Knee

Continued from 20

knew I had to speak with my knee specialist about my options," says Laura. "Now, I think back and wonder why I waited so long. We are in a medical era of amazing technology and I am so thankful that I spoke with my doctor and he recommended knee replacements. Now I'm back to singing... and riding my Harley-Davidson? motorcycle!"

Diagnosis and treatment

The most common cause of knee pain is osteoarthritis (OA). One in two adults will develop symptoms of knee OA during the course of their lives. [ii] Although the condition becomes more common as we age, it can affect adults of all ages, usually as the result of a joint injury or inherited joint defect.[iii]

Treatment options have come a long way over the past few decades. An orthopaedic

specialist can help determine if joint pain is caused by OA and, if so, build a treatment plan that is right for you.

"Don't wait to speak with your doctor if pain is interfering with your everyday activities," says Scott A. Sigman, M.D., orthopaedic surgeon at Orthopedic Surgical Associates of Lowell and chief of orthopaedics at Lowell General Hospital. "I see patients everyday who are pushing through the pain, making it hard to get through even

the simplest daily activities."

If you have knee pain from mild to moderate OA, it may be managed with pain medication, physical therapy or hyaluronic acid injections. These options are designed to help reduce pain, stiffness and swelling in the knee.

If your knee OA has progressed to the point where bone is rubbing against bone, it may be time for a knee replacement which removes the damaged bone and cartilage

and can be a treatment option. In 2014, approximately 679,000 total knee replacements were performed in the U.S. [iv]

The latest knee replacement solutions have been designed to work in harmony with your knee muscles and ligaments to help provide a full range of motion.

Visit AllAboutKneePain.com to learn more about stretches and strengthening exercises, as well as to find a knee specialist near your home.



Cultural diversity of healthcare workforce key to improving nation's health

BPT

By 2060, the American population will be older and more racially and ethnically diverse than at any other time in our history, according to statistics from the U.S. Census Bureau. The number of people older than 65 will double, and the need will grow for healthcare and registered nurses to provide it.

Even though nursing is one of the fastest-growing careers in the U.S., there won't be enough registered nurses available to fill the rising demand for care, according to the American Association of Colleges of Nursing (AACN). As America addresses an ongoing nursing shortage, healthcare leaders stress the importance of enhancing available healthcare services through the work of nurses who mirror and understand the ethnic and cultural diversity of the populations they care for.

When you're ill, your need for care isn't just about medical requirements. Recovery from injury, illness and surgery is a mental game, too, and studies have shown that having a nurse whom you feel understands you can improve your response to treatment.

The relevance of this correlation is rising with the minority population in the U.S. The Census Bureau predicts that minority residents will comprise 57 percent of the population in 2060. With the AACN reporting that nurses from minority backgrounds represent only 19 percent of the registered nurse workforce, there is growing opportunity for ethnically diverse nurses to care for increasingly diverse patients.

Studies have shown that when patients feel understood by their nurse, they are more likely to trust his or her recommendations, which can improve their health outcomes. Additionally, a nurse who is familiar with a patient's culture - including diet, traditions and beliefs about medical treatment - is better equipped to address their specific needs.

Penelope Pattalitan, associate professor at the Chamberlain College of Nursing Miramar, Florida, campus, recently researched these barriers and outlined recommendations for how hospitals can streamline and support the transition of a nursing work-

force with foreign and domestic educational backgrounds. One of many tactics Pattalitan recommends is improving training programs for foreign-educated nurses to acquaint them more thoroughly with nursing practices and technology in the United States.

"Certain adjustments to the orientation period of a foreign-educated nurse's career in the U.S. increase the potential for career success and improve patient outcomes," she says.

Based on her findings, Pattalitan recommends improving training and orientation programs to educate foreign-educated nurses - registered nurses who received nursing education in a country other than the U.S. - about new equipment, differences in the hospital set-up and environment, use of electronic health records, and cultural differences in the U.S., specifically when it comes to patients' care.

"A nurse workforce that reflects greater diversity can help break down communication barriers and ensure better patient advocacy," she says.

Similarly, educators and school administrators can help remove cultural obstacles that may hinder minority students from entering nursing programs by helping them identify resources that will make them more comfortable in their future profession.

Chamberlain College of Nursing, for example, is sensitive to the unique cultural needs across its student population. For instance, Arab-American students at Chamberlain's Troy, Michigan, campus are provided with an alternative to the standard scrub pants, allowing them to wear traditional hijabs and long, modest skirts each day. The ankle-length scrub skirt option meets students' needs, and also complies with the clinical site's requirements.

Expanding the pipeline of nurses entering the U.S. healthcare workforce can help fill the projected nursing shortage and better address the changing healthcare landscape in this country. A pipeline of nurses that better reflects the national population can help healthcare professionals improve their understanding of patients' cultural needs and sensitivities, enhancing the care they deliver and improving patient outcomes.

Hurdles

Continued from 22

with their health plans.

"Unfortunately, people find themselves in murky waters when trying to make good health insurance decisions for their families and their financial situations," Blazier says.

"The scary thing is that your decisions could make it more difficult for you or your family to access medical services when you need them most," she says.

People often are unfamiliar with their plan's terms, costs and provisions. It's especially complicated when trying to make decisions about transitions between coverage, such as leaving employer coverage for COBRA or an exchange plan, or choosing between Medicare alternatives.

Following are four reasons to consider seeking help with the health benefits coordination process.

1. Protect your spouse and dependents. Benefits coordination refers to matching your families' needs with the health plans available to them. One example may be a family where the breadwinner has experienced a disability. "If your family income drops significantly, it may be a case where your children can use the Children's Health Insurance Program (CHIP) while you use COBRA or an exchange plan during the transition to something else," Blazier says.

Another example is a retiree who is leaving work-provided health coverage for Medicare coverage. "If your husband or wife was using your retiree health plan, then they may be able to purchase a Marketplace exchange plan for less cost while you join Medicare."

2. Avoid gaps in health insurance coverage. Transitions between health coverage, such as when leaving an employer for disability or retiring, can be complicated to navigate. "There are time limits for making choices about your coverage, such as electing COBRA or choosing a Marketplace exchange plan," Blazier says.

As individuals move to federal insur-

ance programs, such as Medicare, there are program rules and processes that can add to the confusion. "You want to make sure you understand how timing works as you transition from group health to another form of healthcare coverage," Blazier says.

3. Avoid penalties or unanticipated extra costs. Penalties are particularly important with certain types of health insurance coverage. For example, Medicare has penalties that apply to Part B and Part D coverage when individuals miss those enrollment windows. Another example is the coordination when moving to Medicare from a high-risk deductible health plan (HDHP) and a health savings account (HSA). "These are more complicated pieces of the puzzle when you are transitioning between types of health coverage, so it's important to talk to a health benefits specialist," Blazier says.

4. Discover more options and better alternatives. While working, many people defaulted to a choice of health insurance plan from their employer. Transitioning to other coverage can open up new opportunities. "It's possible that you, your spouse and your children will each have a different type of health care coverage because it's available and it makes financial sense," Blazier says. Specialists in health benefits coordination also can supplement the assistance individuals get through their employer's human resources team.

For all of these reasons, it can be vital to work with a health benefits coordination specialist. Choosing health care benefits is an extremely personal decision, affected by variables such as the person's health and medical needs, financial situation, family situation and place of residence, to name a few.

"The ultimate benefit from seeking help with health benefits coordination is that you will feel more confident in the coverage you do have," Blazier says. "You can get the medical care you need -when you need it."

Individuals can find help with health insurance transitions by calling Allsup at (866) 521-7655, or www.allsup.com/Allsup-Benefits-Coordination for more information.

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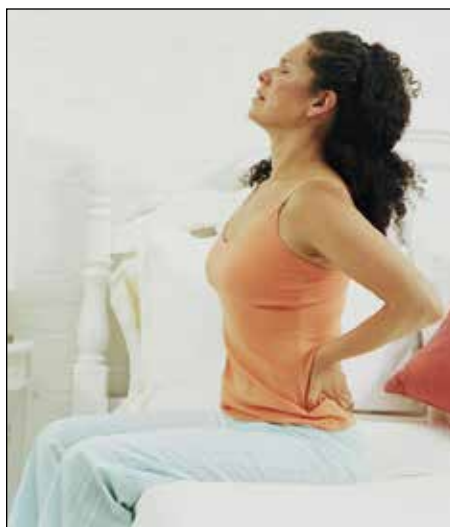
New technologies can help short circuit chronic pain

BPT

More than 100 million people in this country have pain that won't go away. Many fail to get relief from pills, shots and surgery, while others trade the pain for side effects such as drowsiness or digestive problems. Unfortunately, too many become addicted to medications while trying to relieve their pain.

As part of a comprehensive treatment plan, a variety of technologies offer new hope to people living with chronic pain.

"Pain is one of the most challenging things to treat because its source can be elusive," says Richard Rosenquist, M.D., chair of the Committee on Pain Medicine and chairman of the department of pain management at the Anesthesiology Institute at the Cleveland Clinic.



"That's why it's vital to see a physician specializing in pain medicine who can help identify the source of the pain and

suggest which pain method might work best."

Physician anesthesiologists who specialize in pain management have extensive training and expertise in finding the cause of pain and partnering with patients to create a plan for managing pain and improving function, which may include one or more of the new techniques.

* Radio waves - Radiofrequency (RF) ablation involves heating a tiny area of nerve tissue, which short circuits pain signals. The pain medicine specialist inserts a needle into the nerve responsible for the pain and zaps it using an electric current created by radio waves.

* Blocking the pain - Pain medicine physicians inject numbing medication

that blocks or dampens pain, and might even stop chronic pain from developing. Pain in the arm or face can be relieved by blocking nerves in the neck, while chronic abdominal pain can be relieved by an injection into nerves supplying the abdomen.

* Electric signals - Transcutaneous electrical nerve stimulation (TENS) can provide short-term pain relief for certain types of muscle pain by sending low voltage electric signals from a small device to the painful area through pads attached to the skin.

* Spinal cord stimulation - When other methods fail, a pain medicine specialist might recommend spinal cord stimulation (SCS), which uses a pacemaker-like device that replaces the pain with a more tolerable sensation, typically tingling or a massage-like feeling. The physician implants the device in the lower back. When the patient feels pain, such as in the back or numbness in the legs (neuropathy), he or she can use a remote control device to send signals to the painful area.

* High frequency spinal cord stimulation - A recent study published in Anesthesiology, the medical journal of the ASA, showed that a special high-frequency form of SCS provides significantly greater long-term relief for both chronic back and leg pain, without tingling or other sensations.

* Pumping the pain away - Special implanted pumps allow the patient to push a button and deliver local anesthetics, narcotics and other pain medications to the spinal cord, bringing relief without the side effects that occur when taking these medications by mouth.

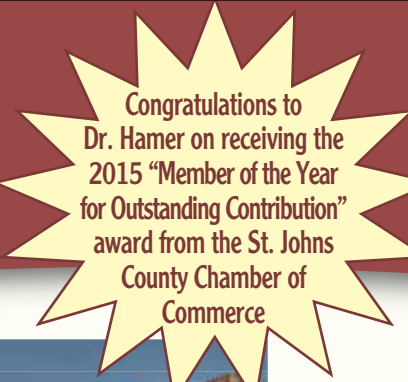
* On the horizon: using our cells to fight pain - Promising research involves harvesting stem cells from a patient's bone marrow and injecting them into an area, such as the lower back, that has become painful because tissue has deteriorated. The hope is that the stem cells will build new, healthy tissue and relieve pain for good.

Chris Power developed complex regional pain syndrome when he fell on his arm. Doctors told him there wasn't much hope, but his life was changed when he saw a physician anesthesiologist who recommended SCS. Watch Chris tell his story.

While technology can do wonders for chronic pain, patients can play a big role in managing their pain with some low-tech strategies, including stopping smoking, maintaining a healthy weight to avoid putting stress on hips and knees, and eating healthy foods.

For more information about chronic pain and the importance of finding a pain medicine specialist, visit our pain management page on asahq.org/WhenSecondsCount.

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Reproductive health questions millennial women need to ask

BPT

As the end of the year approaches, it's a good time to think about your overall health. Millennials who are heading home from college should consider scheduling a wellness visit over winter break. A key part of women's wellness includes reproductive health and, in many cases, contraception counseling. While many women visit their OB/GYN annually, nurse practitioners have become trusted health care providers and can also play an important role in a woman's reproductive health visit.

More than 30 million U.S. women of reproductive age make at least one medical visit to obtain sexual and reproductive health services each year[i] and there are more than 10,000 nurse practitioners licensed in the U.S. who specialize in women's health.[ii]

Barb Dehn, practicing women's health nurse practitioner, award winning author and nationally recognized health expert, believes a woman's relationship with her health care provider should be a partnership. "Nurse practitioners may be able to spend more time with you during your annual visit, which may allow for a better dialogue about contraception options that may be most appropriate for you," says Dehn.

Dehn urges millennial women to ask the following questions during their an-



nual visit:

How often should I visit my health care practitioner (e.g. nurse practitioner, OB/GYN, etc.)? What should I consider or think about when determining the best birth control for me? What type of routine screening should I get, and when? Increasing availability of nurse practitioners in primary care is likely to lead to a high quality of care and high levels of patient satisfaction with a medical visit, according to a study published in the British Medical Journal (BMJ).[iii] As millennial women are preparing for college or are entering the work world, nurse practitioners can help educate patients on sexual health and discuss available birth control options that might be appropriate for them.

Among all the available birth control options, long-acting reversible contraceptives (LARCs), including intrauterine devices (IUDs) and implants, are gaining popularity. The number of American women on contraception who are using

LARC methods increased significantly from 2.4% in 2002 to 8.5% in 2009.[iv] "While the pill remains the most common form of reversible birth control for American women, use of LARCs has increased five-fold in the last decade,[v]" says Dehn. "IUDs and implants are the most effective forms of birth control available and are widely recommended by health care professionals, including nurse practitioners."

Skyla (levonorgestrel-releasing intrauterine system) 13.5mg is a hormone-releasing IUD that prevents pregnancy for up to 3 years. It is an option that the appropriate millennial woman may want to consider discussing with her healthcare provider

during her contraceptive conversation. Skyla is over 99 percent effective and works continuously to prevent pregnancy for up to 3 years. Skyla is completely reversible. If you change your mind, your health care provider can remove Skyla and you can try to become pregnant right away. There's no waiting period. In fact, three out of four women who try to become pregnant conceived within a year of having Skyla removed.

Women can visit a nurse practitioner at their physician or OB/GYN's office to learn more about birth control options that are most appropriate for them. You can also visit www.Skyla-us.com to learn more.



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Photos provided by Elizabeth Hagy

Top: Jesse Hagy, Eric Erhard and Jonathan Magiske; **Bottom:** Eric Erhard, Jesse Hagy, Max Milicevic, Olivia Dries, Molly Voytecek, Carly Voytecek, Sean Hoffman, Emily Grace Alfaro and Jonathon Magiske

PVHS regional swim results

Elizabeth Hagy

Community Submission

The PV High Sharks finished their swim season in Stuart, Fla., where the 2015 FHSAA swimming and diving state championships took place. Nine Sharks qualified for the state 2A championships this year: four girls and five boys.

Three of the boys swam fast enough in preliminaries to secure a spot in finals in individual events.

In finals Senior Eric Erhard had a 6th place finish in the 50 free with a personal best time of 22.08. Sophomore Jesse Hagy finished 9th in the state with a personal best time of 1:01.67 in the 100 breaststroke.

This was the fifth time Hagy broke the school record in this event for the 2015 swim season.

Senior Jonathan Magiske placed 13th in the 100 free with a personal best time of 49.64. The boys also had two relays place in the top 16.

Jonathan Magiske, Eric Erhard, Sean Hoffman and Max Milicevic combined to finish 7th in the 200 free relay with a time of 1:29.77. Jonathon Magiske, Eric



Erhard, Sean Hoffman and Jesse Hagy took 16th place in the 400 free relay.

The Sharks had two girls relays place in the top 16. Carly Voytecek, Molly

Voytecek, Olivia Dries and Emily Grace Alfaro placed 8th in the 400 free relay and 11th in the 200 free relay.

The state meet is the conclusion of the

high school swim season — but most of these swimmers don't get to rest! They will continue to train and compete all year round on club teams.

Photos by Chris & Jerry Norton

The Sharks' Andrew O'Dare intercepts a Ribault pass in the end zone.



Sharks' season ends with 24-14 loss to Ribault

By Jerry Norton
Special to the Recorder

The Sharks' 2015 playoff run lasted just one game following a 24-14 loss to the Ribault Trojans. The visiting Trojans scored all their points in the first half before the Sharks' defense figured out how to handle the fast and athletic opponent.

Ribault scored easily on their opening possession needing just three plays, one a 63-yard jaunt, for the touchdown. The Trojans showed how confident they were about their running game opting for a two-point conversion that they made uncontested for an 8-0 lead.

The Sharks advanced to the Trojan twenty-one on their opening drive but had to settle for a Chris Howard field goal attempt that sailed wide.

The teams exchanged punts but Ribault got the better of the exchange returning Nick Tronti's pooch punt to the Sharks thirty-one yard line for net Ponte Vedra gain of just 9 yards. Four plays later Ribault scored again and duplicated their two-point conversion strategy for a 16-0 advantage.

The Sharks rallied behind a Tronti keeper that went for 40 yards to the Trojan nine then Hal Swan slipped up the middle to close the gap to 16-7. But Ribault covered eighty yards on their

SHARKS continues on **Page 28**



Jarret Stepp #84 goes high to catch a pass for the Sharks.



Nick Tronti runs for a Shark first down.



Marshall Few pulls down a Nick Tronti pass for Ponte Vedra.



Marshall Few fills in for the injured Nick Tronti.

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Sharks

Continued from 27

next drive in thirteen plays to tack on eight more points for a 24-7 halftime lead.

The Sharks benefited from the half-time break to make adjustments in their defense and did not allow another Tro-

jan score. Ponte Vedra thwarted a Trojan drive when Andrew O'Dare intercepted a pass in the end zone but the Sharks offense couldn't take advantage of the change of possession.

Again the teams exchanged punts but this time the Sharks got the benefit of the short field. On the Sharks' ensuing drive, Tronti suffered a shoulder injury after running for a first down and was replaced at quarterback by Marshall Few.

Before the Trojans recognized the change at quarterback, Few lofted a thirty yard pass to O'Dare for a touchdown and the Sharks were within ten, 24-14, as the fourth quarter started.

Ribault moved into the Shark red zone on a long run but were stopped on fourth down at the five yard line by the charged up Ponte Vedra defense. The Sharks picked up one first down but had to turn the ball over on downs at their own twelve with three minutes to play.

The revitalized Shark defense came through with yet another big stop at their own six yard line. Again Ponte Vedra had the ball down ten with the goal line about 70 yards away and two minutes left.

Ribault seemingly dashed the Sharks hopes with an interception but one play later fumbled to ball back to Ponte Vedra. Unfortunately the Sharks were not able to take advantage of the turnover and their season ended several games too soon.



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Jaguars wide receiver Allen Robinson had five catches for 51 yards with a touchdown on Sunday. With the win over Baltimore Jacksonville (3-6) snapped a 13-game losing streak on the road. (Photo Rick Wilson/Jacksonville Jaguars)

Jaguars seize win on the road against Ravens

The Jaguars' defense had one of its best games of the season in the 22-20 win against the Ravens. The unit held the Baltimore running backs to 89 yards on 21 carries. Cornerback Davon House had a pair of interceptions. (Photo by Rick Wilson/Jacksonville Jaguars)



Jacksonville's Jason Myers kicked a 53-yard field goal that gave the Jaguars a 22-20 victory over the struggling Baltimore Ravens on Sunday. The Jaguars hosted AFC South rival Tennessee Thursday night. (Photo Rick Wilson/Jacksonville Jaguars)

Europe wins at Sawgrass CC Solheim event



The Ladies Solheim Cup at the Sawgrass Country Club concluded last Thursday with team Europe having a 68 shot margin of victory over team USA in a 36-hole event.

Europe was off to a 40 shot lead after the Captains Choice and Alternate shot format on day 1 and capped off the event with a better ball of partner format on day two extending their lead.

Delores Adams and Linda Schlipf were the low two-person team of the event with a net 127, representing Team USA. Robin Kettlewell and Vikkey Gates were the low European Team with a net 132. Congratulations to all of our winners.

— Submitted by Pamela Shelley, PGA, Assistant Golf Professional at Sawgrass CC



Holiday Roundup

Continued from 5

3-5 p.m. Amelia Plantation Chapel is located at 36 Bowman Road, Fernandina Beach. Advance tickets are \$15; at the door tickets are \$20. Children and college students are admitted free. For more information, call (904) 277-4414 or visit www.ameliachapel.com.

Nights of Lights in Black & White

The courtyard of the Ximenez-Fatio House will be decorated with lights and feature live entertainment by Mark Zauss and the Z Street Speakeasy Band on Saturday, Nov. 21. The Ximenez-Fatio House is located at 20 Aviles St., St. Augustine. For more information, call (904) 824-8460.

Christmas at Downton

Do you love "Downton Abbey" or simply enjoy making your home festive for the holidays? Cathy and Marilyn,

members of the Las Adelfas Circle of the Garden Club of St. Augustine, are returning to the Ponte Vedra Library, Saturday, Nov. 21 at 2 p.m. to show you how to use food and flowers to spruce up your home with "Downton Abbey" as the inspiration.

For even more ideas, the Garden Club of St. Augustine also hosts the annual holiday Tour of Homes in St. Augustine. If you wish, buy raffle tickets from the Friends of the Library at this program to win the arrangements

the Sisterhood creates. Proceeds from the raffle help to sponsor this program. Anyone who attends in "Downton Abbey"-inspired attire will receive a free raffle ticket. Doors will open at 1:30 p.m. and light refreshments will be provided by the Friends of the Library.

The library is located at 101 Library Blvd., Ponte Vedra Beach.

HOLIDAY ROUNDUP continues on **Page 31**

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Holiday Roundup

Continued from 30

Chanukah Story and Craft Hour

Chanukah Story and Craft Hour, presented by Books a Million and Chabad @ the Beaches, takes place Sunday, Nov. 22 at 3 p.m. at Books a Million in Jacksonville Beach.

The event will include books, crafts, raffles, dreidels and fun! Books a Million is located at 738 Marsh Landing Parkway in Jacksonville Beach.

For more information, call (904) 285-1588 or email info@chabad-beaches.com. A full listing of Chabad @the Beaches Chanukah events is available online at www.chabadbeaches.com.

Ripley's Big Red Train & Winter Carnival

Hop aboard one of Ripley's Red Trains for a "lightseeing" tour of the St. Augustine Night of Lights displays around the city.

Guests will receive a free pair of glasses to enhance their light-viewing experience.

New this year; no-wait VIP tickets are available on Friday and Saturday nights that include a free carousel ride. VIP guests can reserve a time for the train tour and skip the lines.

Additionally, Night of Lights ticket

holders can play a round of Prancer's Putt-Putt mini golf for a \$1 from Nov. 22-Jan. 5. For more information or to purchase tickets, visit www.ripleys.com/redtrains.

Ripley's Winter Carnival will be open Friday and Saturday nights from Nov. 27 through Dec. 19. The carnival features carousel rides, carnival games and free activities including family movies, visits with Santa, state shows, balloon art, popcorn and snow.

Gingerbread Unveiling at One Ocean

The 2015 Annual Gingerbread unveiling at One Ocean Resort & Spa will take place Wednesday, Nov. 25 at 10:30 a.m.

Come see the giant gingerbread display unveiled - each year the theme is kept under wraps until the unveiling.

The Jacksonville Children's Choir will perform followed by warm cookies and cider. Guests are also encouraged to bring canned vegetables, boxed stuffing or instant potatoes to benefit The Jim & Tabitha Furyk Foundation's Blessings In a Backpack: Hope for the Holidays. One Ocean is located at 1 Ocean Blvd., Atlantic Beach. For more information, call (904) 249-7402.

HOLIDAY ROUNDUP continues on **Page 32**



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Holiday Roundup

Continued from 31

S.S. Amelia Gingerbread Pirate Ship

The S.S. Amelia Gingerbread Pirate Ship will be on display in the lobby at The Ritz-Carlton, Amelia Island beginning Wednesday, Nov. 25. Billed as the "World's Largest Gingerbread Pirate Ship," the display includes chocolate sculpted pirates. The Ritz-Carlton, Amelia Island is located at 4750 Amelia Island Parkway, Fernandina Beach.

The Ritz-Carlton Amelia Island Christmas Tree Lighting

The 19th annual Christmas Tree Lighting is Wednesday, Nov. 25 at 5:30 p.m. in the Courtyard. Festivities include holiday cookies, hot chocolate and entertainment by local community groups and Amelia Island Chamber Music Festival Brass Quintet. The festivities will conclude with Santa's arrival and a fireworks display. The event is a YMCA fundraiser to benefit the scholarship program for area families in need. The Ritz-Carlton, Amelia Island is located at 4750 Amelia Island Parkway, Fernandina Beach. For more information visit www.theritzcarlton.com/ameliainland or call 904-277-1100.

Thanksgiving Bash at Pete's Bar

The tradition continues. Join thousands as they celebrate Thanksgiving Neptune Beach-style at the annual Pete's Bar Thanksgiving Bash Thursday, Nov. 26 beginning at 9 a.m. The party takes place on the street outside the bar. Pete's Bar is located at 117 First St. N., Neptune Beach. For more information, call (904) 249-9158.

Turkey Trot Family Race

The Turkey Trot Family Race takes place Thanksgiving morning starting at the Mickler's Landing parking lot, located at South Ponte Vedra Boulevard. All proceeds from the race will benefit the YMCA's Safety Around Water Program. For more information, call (904) 543-9622 or visit www.firstcoastymca.org to register online.

— **Compiled by Carrie Resch**

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Rotary Youth Exchange expands horizons for kids worldwide

Megan Massion

Special to the Recorder

The Rotary Youth Exchange Program gives high school students the unique opportunity to immerse themselves in the culture, language and customs of a foreign country by living overseas with a host family for nine months.

Over 8,000 high school students worldwide participate in the Rotary Youth Exchange program each year. About 20 participate through the local district of Rotary.

Bruce Barber, an ambassador for the Ponte Vedra Beach Rotary club, explained that the Youth Exchange attracts a very special breed of students.

"It's students who have seen something in the world or in their lives that they want to explore."

There are 60 Rotary Youth Exchange clubs in District 6970, which includes students from Jacksonville, Daytona and Gainesville.

The district has identified 56 high school sophomores and juniors who are interested in going overseas this year. Of those 56, they'll interview 36 and only choose 20.

The exchange program also allows students from other countries to come here.

For example, 16-year-old Burak Ozcan came to Ponte Vedra from Turkey about two months ago. When he arrived he said it was like a dream. Ozcan will live with Mark and Sarah Gravelle for three months. This is the first of three host families he will have while he is in the United States.

So far, the exchange has proven exhilarating for Ozcan and he's ecstatic about his stay with the Gravelles. "They have the best families in the world here," he said.

He immediately became close with the Gravelles and described his relationship with the family as warm. The Gravelle's 17-year-old son, Joe, is also a part of the Youth Exchange and left for Spain about one month ago.

"It's really cool as parents because



Photos by David O'Brien

Top: Bruce Barber and Burack Ozcan (center) with Rotary Youth Exchange Students; **Left:** Jake Mason; **Above:** Zach Johnson

our kids brought us on this journey," Sarah Gravelle said.

The cost to participate in the Youth Exchange is relatively low. Parents pay for transportation overseas. Host families pay for everything while the student lives with them but costs tend to even out because families that host students typically have a child who is living with a host family abroad. The club gives each student \$75 every month.

Students usually get to choose the country they go to; however, the exchange administrators can only send out as many students as they take in from that country. This is why the interview process is extremely thorough. The club in Ponte Vedra will only send out two students this year.

Each student is asked the same set of 20 questions during the initial interview and receives a score from one to 10.

"All I try to do is pick up on their personality," Barber said. "You just know that type of kid who's special."

Students with the highest scores go to St. Augustine for a day-long meeting where they are interviewed by four groups of six people.

The training process for those who are selected is even more extensive. All students going outbound from the district are brought together and learn what to expect. They are taught how to communicate and even start learning

the language.

"Some of them have gone and the host families don't know one word of English," Barber said. "A hug is about all they get."

Barber explained that students typically have trouble learning the language before they leave but are pretty fluent when they return.

Although Ozcan studied English for 11 years in Turkey he has improved a lot since he's arrived. He explained he is adjusting well so far and plans to try out for the basketball team at Ponte Vedra High School. Ozcan aspires to be a doctor like his mom and dad back home.

"It's remarkable. You would not guess that he is only 16 years old," Sarah Gravelle said.

When they return the students give an individual and a group presentation to the Rotary Club about what they experienced overseas.

"These are really growing years in their lives so when they give their annual presentation together that's when you really get to know about their experiences," Barber said.

"They all say they would go again and wouldn't change the experience for anything in their lives."

Families and students who are interested in participating in the Youth Exchange can find out more information and apply at www.ryeflorida.org.



Bolles PVB Grade 5 goes colonial

Students in Grade 5 on the Bolles Lower School Ponte Vedra Beach Campus brought a patriotic dose of American history to the Ponte Vedra Hall stage this fall during their play, "The American Dream."

Each student represented an important figure in America's history, from the explorers through the post-Civil War Reconstruction, according to director Stacey Posick. Students shared what they have been learning in their Grade 5 classrooms about this fascinating part of our country's history.

In addition to demonstrating their historic perspectives through song, speech, stage movement and costume, students also have been designing and printing three-dimensional Colonial villages on the School's Makerbot 3D printer.

Submitted by Susanna Barton



I love to hear your voice

Bonnie Talley
Quiltlady

Email is great. Texting is greater; however, hearing a loved one's voice on the other end of the line is the greatest. This past week I was making decisions about tossing old cassette tapes into the garbage when I came across one that I had made at a family gathering at Thanksgiving back in the '80s. I had put a tape recorder behind the dining room table and turned it on to record while we were having our Thanksgiving dinner.

My dad could tell the funniest stories. During the meal, I prompted him to tell my son and his family the story about how he got into trouble the day he enlisted in the Army in 1917, WWI, in Mississippi. The story is that he was told to line up with all of the other 17 year old enlistees and wait for a bus. It was hotter than Hades that day. He got so thirsty that he thought he was going to die. He left the group, crossed the street to a little grocery store and bought himself a cool soda pop. When he returned to the group, he was grabbed and taken to the "hoosegow" (an Americanism term for jail) to spend the night and next day: not a nice way to start a military career.

After that story, I asked my husband, (who had a heart attack two weeks later and died,) to tell another hilarious story

that I knew the kids would enjoy.

Story after story continued during the meal before the men adjourned to the Cowboys football game while mom and I cleaned up the kitchen. Thank goodness I remembered to turn off the recorder before the tape ran out and then labeled it for future generations. Last night, I heard my loved ones' voices for the first time in thirty-five years. Needless to say, it was a tear-jerking event, but so wonderful.

My son, an only child, wrote only one letter to us while he was in college. I have it framed; but, the good news is that the reason he only wrote one letter is because we told him he could call us 'collect' anytime he wanted to. I can still hear the operator saying, "I have a collect call for you from your son; will you accept the charges?" My answer was always, "Oh, my, yes, I love hearing his voice!"

Another lesson I learned last night was never throw anything away without going through the bag or box or whatever!

Thanksgiving is such a wonderful holiday. I wish retailers wouldn't cut it short by putting out Christmas stuff so early. Enough said about that.

Making fall table runners is so easy.

The fabrics are wonderful right now. Walking through a fabric store is like eating Halloween candy. I just can't get



enough of it. I seem to be in my "get it done, quickly" mode. Pinking shears are the answer to such things. If you don't have a pair that cut really well, throw them away and get a new pair of good sharp ones. Save up the 50% off coupons from fabric stores and get them. You'll be so glad you did.

Buy at least a 1/3 yard of "fall leaf" fabric; with the pinking shears, trim off the selvage edges and along the long straight edges; spray the fabric with "spray starch;" let dry almost completely; press with a hot iron. And, voila, you

have a table runner that is at least 45" long by 12" wide. How easy is that! If you want to add a layer of batting and a lining, that can be done easily enough. Do a little machine 'wandering' style quilting following the images on the cloth, and you'll have a padded table runner. Add a beautiful candle or fall flowers for the centerpiece, and you have a beautiful Thanksgiving table. I am beginning to sound like Martha Stewart!

Oh, dear me! Just don't send me to the 'hoosegow'!



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Marriage and love without intimacy

Dear Neil: I am married to a wonderful and loving wife, and I love her very much. But all is not happy with us because of our sex life. My wife says she is no longer interested in sex, and that she doesn't want anything to do with it anymore. I have tried to talk with her, but all she says is "life has changed--like it or leave it." Things have since become smiles and "Yes dear, everything is fine." But should I look for a mistress?

— *Lost in Wellington, New Zealand*

Dear Neil: While I married the sweetest woman in the world, our love life is totally sexless, due to medical problems on her part. The thought of never making love with the woman I am married to is just too much for me to bear, so I will shortly tell her that I want a divorce.

— *Going Without in Australia*

Dear Lost and Going Without: Sex is one of the primary things most people expect from a marriage (or a committed relationship). Unless the two of you have a different agreement, marriage asks us to forsake all others and to be faithful. Since your spouse is the only other person you can be sexual with, it is up to you to take care of your wife, and it is her role to take care of you. If either of you quit your roles without the consent of the other, one spouse is likely to feel cheated and angry, and those feelings do not make for a happy relationship.

The gentleman from Australia mentions that his wife can't have sex for medical reasons. Have you talked to her doctors about this issue? Do they have any suggestions about how the



Neil Rosenthal
Columnist

two of you can repair the problem? If the issue can be corrected, by all means go for it.

If the issue cannot be repaired, it is still each spouse's responsibility to sexually take care of the other. Which means that even if your wife can't have "normal" sex, that doesn't mean the two of you can't be sexual with each

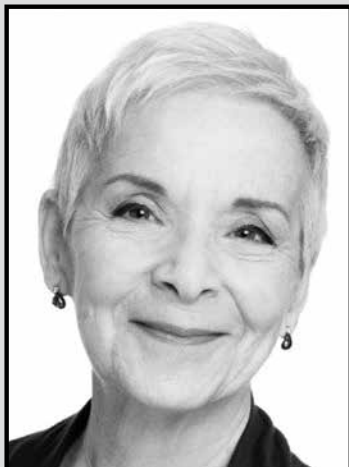
other. There are ways of being sexual other than the "normal" way. How do the both of you feel about oral or manual sex—to name two of your options? I am trying to say that her medical problems do not have to doom an otherwise wonderful marriage if the two of you might be open to some creative re-invention.

For the gentleman in New Zealand, force a conversation with your wife about what happened to her. Is she angry with you and trying to punish you? (If she is, then you have some repair work to do with her, and you cannot let her get away with saying she doesn't want to talk about it.) You might also ask her what she would like you to do with your sexual needs and desires. Might she be open to some creative re-invention I mentioned above? And you don't have to be all smiles, either. You could be truthful and tell her how much this hurts you, and you could ask her what she would need in order to reconsider her stance.

Neil Rosenthal is a licensed marriage and family therapist in Westminster and Boulder, Colorado. His column is in its 24th year of publication, and is syndicated around the world. You can reach him at 303-758-8777, or email him through his website: www.heartrelationships.com. The second edition of his book: "Love, Sex and Staying Warm: Creating A Vital Relationship," is being released this week.

SEE YOU SOON, SHEILA!

The column *Grow Old With Me* by Sheila Weinstein will return to The Recorder later this year. You can find past columns online at www.pontevedrarecorder.com. If you have feedback or ideas for Sheila, send your message to kelly@opcfla.com.



Sheila Weinstein
Grow Old With Me

Don't get caught with your head in the sand

Over the years, I've found it fairly common while working with couples that one or the other is usually more in the know when it comes to the couples' investments, finances and financial future in general. Sometimes it's the wife and sometimes it's the husband. It's many times just a role that one takes on and so



Frederic Schilling
Senior Guardians

it goes on for years to come. It is often the role of the primary earner in the relationship that takes on this job. It's also very common that one or the other just isn't that interested in finances and therefore leaves all of the financial decision making up to their spouse. This is understandable to a point but nonetheless concerning to me.

I believe both parties should have, at the very least, a general understanding of what shape their finances are in. This would include where and how much is invested, amount of debit, amount of savings, how much life insurance they have, if they have long term care and if so what type, what their incoming verses outgoing is each month, final wishes, etc., etc. My concern is the spouse that doesn't understand or care to understand where the couple is financially could very well be caught off guard one

day if the spouse handling the couples' affairs were to suddenly become ill or even worse. It's always best to not get caught with your head in the sand.

The risk of getting caught off guard and being uninformed can be greatly mitigated with increased knowledge and involvement in the planning and management of the family's finances. If you are a couple trying to work through this process or a single person confronted with these challenges on your own, don't hesitate asking for our help. We are merely a phone call away.

Frederic "Ric" Schilling is a Florida native, born in Jacksonville, FL. Ric is President of Senior Guardians of America, a local North Florida firm specializing in tax reduction, long term illness planning, asset protection, probate avoidance and life income planning. Ric is a National Speaker and Advocate on Senior Issues and has been featured by the Florida Times Union and WJXT, TV-4 in Jacksonville as an authority on Estate Planning and Retirement Issues. Senior Guardians has an A+ rating with the Better Business Bureau and is a member in excellent standing with the National Ethics Association. Contact Frederic: 904-371-3302 or 888-891-3381. Please visit: www.seniorguardian.com.

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"Press one for yes, two for no" and feel good

At 8:00 AM a couple of Tuesdays ago I was eating my gluten-free, steel-cut oatmeal with no-sugar coconut milk, blueberries and slivered almonds and ... what's that horrible stuff? Oh yes. Flawhen it happened. I found myself watching HSN, the Home Shopping Network. NOT AGAIN!! Who put it on that channel??? I swore I wouldn't watch it after my last fiasco when I cut my finger on a kitchen device I'd sent away for, but the hawkers sucked me in. And are they good at it.

They were selling luggage. Now, I am a sucker for wonderful suitcases, but I travel so little it's ridiculous to have a bunch of carry-ons. I watched for ten minutes and was about to



Mims Cushing
By the Way...

switch to the news when they started selling Perlier, in three-liter bath and shower cream containers. I am also a sucker for this. I do use shower cream or gel every day. I buy bottles at a bath shop regularly, but they are small. This three-liter size is huge and would last me for a whole year. Besides if I use it I will "feel good," and, the company says, my skin will be transformed! Now who doesn't want

transformed skin?

Perlier tells me it uses "Gorgeous Italian formulations." I wrote that down so it must be true. The TV screen shows miles and miles of lavender waving in the winds of somewhere in Italy or France. And the flavors, or I guess I should say scents, smell so good the company writes on every jar that this product is not for eating. Shea butter plays a huge part in these eight blends: White lily, white almond, lavender, snow drop, latte, orange, butter almond, and honey. The dude who is head of the company says someone told him "It's as though an angel walked into the room." My pets will like that, although they already think I

am an angel. I hope bees and mosquitoes don't like to bite angels and aren't going to be attracted to the smell. Swooning, I ordered the shea butter/white almond one.

I vowed I'd never order another thing from HSN. The S&H is nasty (CHARGE ME FOR SHIPPING! DON'T HANDLE IT! JUST SHIP IT!) It will arrive within a week.

About ten minutes ago I spoke to a wise friend who said, "Did you look for it on line?"

There was silence on my end. Once again, I had forgotten to check something out online. I could have gotten it for half the price. But there are worse things to worry about...

THEME: MYTHICAL CREATURES

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ACROSS

- Gang
- "Back To The Future" actress
- Femme fatale
- Bader Ginsberg and Babe
- Like Mother Hubbard
- Small, olive-gray bird
- Abraham's sacrifice
- E.T. transporter
- It happens at a given place and time
- *Mythic oceanic temptress
- *Flying stallion
- Heat unit
- Doe's mate
- *Number of heads on Ravana in Hindu mythology
- Dripping faucet sound
- Worn by train station porter
- Done after you sow?
- Curved molding
- Voice of Lamb Chop
- Face-to-face exam
- Shamu and such
- Highest point
- Flax flower genus
- Republic of Ireland
- Laughing on the inside via text
- Class action
- ____ a coin

- *A Cyclops does it out of only one eye
- Like a gossip-monger
- Last letter
- *Much-hunted ungulate
- *Only half man
- Green side
- Hole puncher
- *Witch's condemnation
- Serpentine
- Civilian aviation agency
- Utopia, e.g.
- One of three Rs
- Funerary vase
- Like kale and spinach greens

DOWN

- "____ and proper"
- British river
- Night shooter
- Emotional punishment
- Protective embankment
- *Like the voice of mythic Greek Stentor
- *Pointy-eared creature
- Choose and follow
- ____ la Vida
- *God of war, son of Zeus
- Carte du jour
- Chef's vessel
- Chills on the couch
- Inuit shelter
- *A Hobbit's is

SUDOKU

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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.

- slightly pointed
- Point out
- *Big-haired Scandinavian
- Like Halloween night
- Indian breads
- *Manlike man-eater
- Lentil soup
- Head of crime syndicate, pl.
- Mountain ridge
- *Dust-sprinkler
- Positive sign
- ____ of Sandwich
- Carpe in "Carpe diem"
- Poet's death lament
- And not
- Writing imple-
- ment
- Mix-up
- Chopin's composition
- Brezhnev's domain
- Back of the neck
- Pelvic bones
- Joker, e.g.
- Reunion group
- A in A = b x h
- Sky defender
- Count on
- *The son of Hera was the god of ____

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\$30,998



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\$31,449



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\$24,998



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\$32,999



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