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PONTE VEDRA



Recorder

February 13, 2020
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75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com

'It's never too late for Love'



Linda Wilson (left) and Kay Campbell at the piano in The Palms at Ponte Vedra dining room. The couple found love at The Palms. **Read more on page 14.**

Photo by Maggie FitzRoy



First Coast Register

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Senior Living

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Valentine's Day

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CAR OF THE WEEK

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One of Us

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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. Email submissions to pvrecorder@opcfla.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach**. Submissions may be published in the paper, on our website or on our social media platforms.

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Also, check out the **Ponte Vedra Recorder** channel on YouTube.

WHAT'S THIS?



Do you know what this is?

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

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

Two readers correctly identified last week's photo as the sign for Atlantic Self Storage. The winner of the random draw was **Eileen Porter**. Congratulations, Eileen — you may pick up your prize at the Recorder office during normal business hours.



ADOPT A PET

CAT OF THE WEEK

Scout was picked up and brought to the Pet Center as a stray. He is a black, 4-year-old male domestic short hair. This handsome boy is very lovable, loves to be scratched behind his ears and cuddled. He also has bright golden eyes and a little bobtail. Come see Scout at the Pet Center today. #53511



DOG OF THE WEEK



AXL was brought in to the Pet Center as a stray. He is a 2½-year-old male, neutered terrier/lab mix. AXL is very athletic, loves to run, play and give kisses. He's light heartworm positive, so the adoption fee is waived and the Friends of the St. Johns County Pet Center will sponsor up to \$250 towards the heartworm treatment. Come see AXL at the Pet Center today. #53205

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

St. Johns County Pet Center

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

PUZZLE SOLUTIONS

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2	3	6	5	8	1	4	7	9

Solutions correspond to last week's puzzles.



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Hugh Osteen
Florida Market Manager
hugh@opcfla.com
(904) 285-8831

Susan Griffin
Publisher
susan@opcfla.com
(904) 686-3938

Maggie FitzRoy
Editor
maggie@opcfla.com
(904) 686-3939

Paris Moulden
Page Designer/Reporter
paris@opcfla.com
(904) 285-8831, ext. 3943

Christine Rodenbaugh
Reporter
chris@opcfla.com
(904) 285-8831

Amber Lake
Reporter
amber@opcfla.com
(904) 285-8831, ext. 3945

Daniela Toporek
Reporter
daniela@opcfla.com
(904) 285-8831, ext. 3941

Ed Johnson
Senior Account Executive
ed@opcfla.com
(904) 285-8831, ext. 3940

Kristin Flanagan
Account Executive
kristin@opcfla.com
(904) 285-8831, ext. 3950

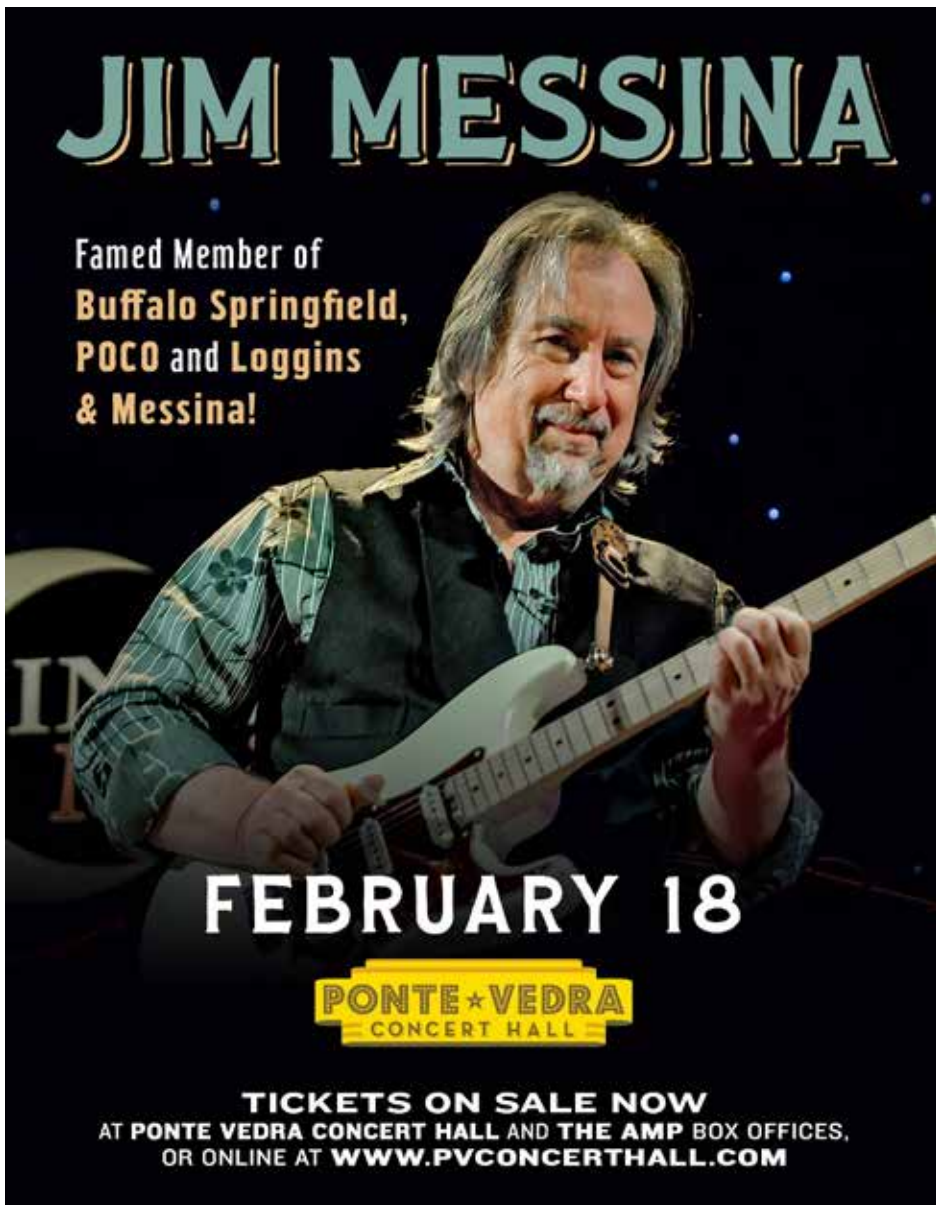
April Snyder
Sales Assistant
aprils@opcfla.com
(904) 285-8831, ext. 3937

Bob Bueno
Circulation Manager
bbueno@opcfla.com
904-463-0962

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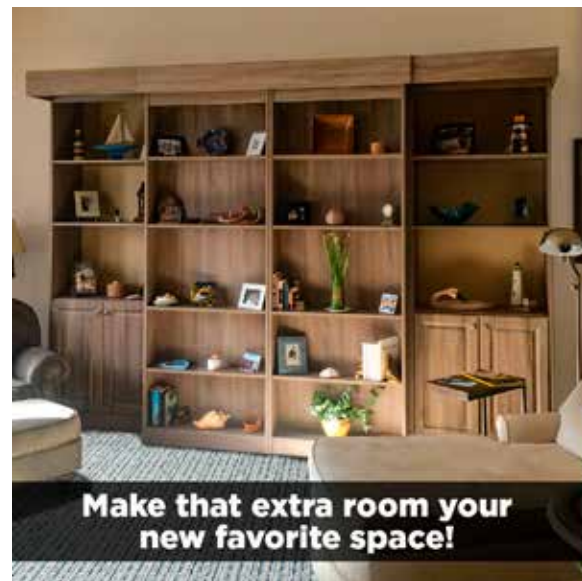
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Homicide, suicide leaves 2 teens dead in Ponte Vedra

By Amber Lake

The St. Johns County Sheriff's Office Major Crimes Unit are currently investigating the death of two individuals at a Ponte Vedra Beach residence as of early Sunday, Feb. 9.

The individuals are 17 and 18 years of age, according to an SJSO media release.

At approximately 1:30 a.m. deputies responded to a report of two deceased males at a residence on Solano Cay Circle.

The individuals were located in the master bedroom of the residence.

The cause of death of both subjects has been ruled death by a gunshot wound. The manner of death of the 17-year-old has been ruled as a homicide and the 18-year-old's death has been ruled a suicide.

The circumstances surrounding why the incident occurred and if any intent was involved are still under investigation and are pending additional forensic-digital examinations.

MSD favors construction of sidewalk along San Juan Drive

By Amber Lake

The Municipal Service District discussed the issue of sidewalks at the board of trustees meeting, Monday, Feb. 10 at Our Lady Star of the Sea in Ponte Vedra Beach.

The recent topic of constructing a sidewalk along San Juan Drive has been contentious among residents. The board, however, voted in unanimous favor to advocate the addition of one along the road.

While the vote passed in favor of the resolution, the MSD would not be building the sidewalk but standing behind the residents of the area that are working toward its construction. Not all residents are in favor of the plan, however.

"Numerous people said that the answer to traffic and speeding was to widen San Juan Drive," said MSD Treasurer Gary Jurenovich. "With my years of experience doing this, if you widen a roadway — people drive faster. To widen San Juan Drive, the amount of time and the years and the dollars would take four or five billion dollars."

Recently elected MSD chairman, Brad Wester, said he is "emphatic" about the idea, as well as a possible sidewalk addition to Ponte Vedra Boulevard.

"We are here for the betterment in the

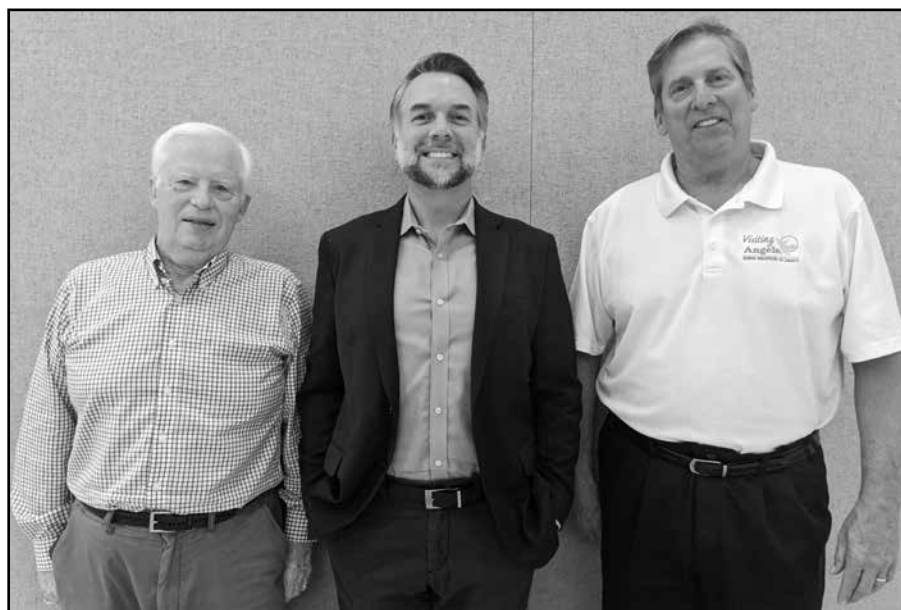


Photo by Amber Lake

MSD Vice Chairman Al Hollon, (from left), newly elected Chairman Brad Wester and Treasurer Gary Jurenovich.

totality of the community in terms of a safer passageway," Wester said. "We are stewards of that cause."

Additionally, the board touched on a few other community news subjects, including the recent resignation of Billy Zeits, assistant director of St. Johns County Parks and Recreation. The board also reported the Mickler's Beach access, which has been under construction, will continue operation during the next two weeks while repairs are made

to the concrete access. New restrooms and changing rooms are also currently being constructed, however, a late March completion date of those facilities has been announced.

The next MSD board of trustees meeting will be held Monday, March 9 at Our Lady Star of the Sea in Ponte Vedra Beach. The board will be not continuing their meetings at this location, however, and is currently exploring other options.

BRIEFS

St. Johns County funding news

St. Johns County anticipates receiving Community Development Block Grant funds for the 2020-2021 Federal Fiscal Year and invites citizens and community organizations to interact, receive information and apply for funding in the following ways:

Survey – Citizens may provide input on the housing and community development needs of the county by sharing opinions in the 2020 Community Survey.

CDBG Application – Through the application process, the county makes CDBG funds available to eligible community organizations. The 2020 application is now available. Completed applications are due on April 17.

Community Meetings – Several meetings are planned in locations across the county for the purpose of providing information about the CDBG program and learning about the needs of local communities. At these meetings, the Community Survey and CDBG applications will be available.

For more details and information, call (904) 827-6897.

Vote by mail procedures change

Approximately 22,500 vote by mail ballots were mailed Feb. 6 to voters who requested them for the March 17 Presidential Preference Primary Election.

Because of a 2019 law, a big change for St. Johns County voters is the vote by mail drop boxes will only be available from 9 a.m. to 6 p.m., March 7-14 inside early voting locations. A 24-hour drop box in front of the elections office will also be available for voters' convenience.

Drop boxes will no longer be available at all public libraries, the Tax Collector's offices in Julington Creek and Ponte Vedra Beach or at St. Augustine Beach City Hall.

In order to be counted, vote by mail ballots must be returned to the elections office by 7 p.m. on Election Day.

As a reminder, the March 17 election is open only to registered Republican and Democratic voters to select their party nominee for president, and for voters who reside in the City of St. Augustine to vote on charter amendments. Voters registered with a minor party or no party affiliation (NPA) are not eligible to vote in that election.

Visit www.votesjc.com or call the elections office at (904) 823-2238 for more information.

LETTER TO THE EDITOR

Dear Neighbors,

This year's National Marathon to Finish Breast Cancer was especially heart-felt in so many ways.

As I ran, I wore the names of two women who embody what this race is all about: My friend, Wendy Chioji, a long-time news anchor, who spent her post-diagno-

sis life modeling what survivorship should be, and our very own Marina Kaplan.

We lost Marina a couple of weeks ago, and the freshness of that loss was felt by many as we ran through the streets near her home. Marina lived with cancer with honesty about her fears, and a fierceness to help other women with metastatic breast cancer. She was the very definition of the spirit of this race and the "Together We Will" theme that we carried through

the weekend.

There were so many people from around the nation running with their own stories of loss and triumph. I can't think of a better community to send them into for comfort, encouragement and love.

This was absolutely the most crowd support I've seen in our 13 years, and that is truly saying something. I think my favorite sign (and there were many) was "Hello Stranger, You Inspire Me." Every

runner felt that sentiment from this crowd. So once again, I thank you from the bottom of my heart for showing up and showing out.

To the police, the volunteers, and everyone who makes this weekend the signature event it is, my heart is full, and I am grateful beyond words.

Together We Will,
Donna Deegan, Atlantic Beach

2 golf legends take the stage together on JAGA awards night

By Maggie FitzRoy

The Redcoats are a familiar sight at THE PLAYERS Championship every year. Given that nickname because of the red jackets they wear, the Tournament Chairmen, and Chairwomen, are volunteers who oversee the thousands of other volunteers who help make the championship the success it has become.

John Tucker was the first Redcoat. In 1965, he helped create and launch the Greater Jacksonville Open, which became the Tournament Players Championship and then THE PLAYERS.

Tucker also helped bring Deane Beman to Jacksonville, and the city has Beman to thank for putting it on the golf map.

Beman moved the Tournament Players Championship and the PGA TOUR headquarters to Jacksonville. Then as Commissioner of the PGA TOUR from 1974 to 1994, he led efforts to grow the tour, including establishing a successful television model, establishing a pension plans for players, and starting the Senior Tour and the President's Cup.

The Deane Beman Award was created in 2015 to recognize individuals who have had a significant, long term impact on golf in the First Coast area.

And on Wednesday, Feb. 5, at the Jacksonville Area Golf Association awards dinner at TPC Clubhouse, John Tucker was recognized at this year's Deane Beman Award winner.

During a special appearance together on stage, Beman and Tucker reminisced about the past.

Many awards were given out that night,



ABOVE: Golf legends Deane Beman (left) and John Tucker appear together on stage at the Jacksonville Area Golf Association "A Celebration of Golf" banquet Feb. 5 at the TPC Clubhouse in Ponte Vedra Beach.



LEFT: Emily Brown (left) poses with JAGA President Randy Nader at the JAGA awards after receiving the Earl and Eleanor Kelly Long-Term Service Award.

including the Earl and Eleanor Kelly Long-Term Service award, North Florida PGA Awards and the Jacksonville Women's Golf Association Award.

And then, seated next to each other in armchairs, Beman and Tucker spoke to-

gether in a talk moderated by Duke Butler.

"You two turned Mineral City into Ponte Vedra Beach," Butler said, alluding to the fact that the upscale town now known as a golf headquarters was once a tiny backwater where minerals were



Photos by Maggie FitzRoy

Past President of the Jacksonville Women's Golf Association Suzanne LaPlante (left) presents the Championship Award to Shari Zeimet.

mined off the beach.

"We wouldn't have come here at all if John hadn't stepped forward," Beman said, nodding at Tucker. "We wouldn't have had a tour here."

Tucker spoke about how Jacksonville was much different in 1964, when as general manager of Florida Publishing Company, he and company President Robert Feagin — both avid golfers — worked to lure the PGA TOUR to Jacksonville.

The first GJO in 1965 was played at Selva Marina Country Club. Then, working with others to convert the GJO to

AWARDS continues on Page 7

Mentors make difference in local schools

Rachel Diamond (right) asks Paul Goricki, principal at Hartley Elementary School, questions about the mentorship program during the Feb. 5 mentor fair in St. Augustine.

Photo by Christine Rodenbaugh



By Christine Rodenbaugh

On Feb. 5, the St. Johns County School District, Retired and Senior Volunteer Program of St. Johns County and other local mentor groups hosted a mentor fair to introduce interested residents to local programs. RSVP focuses on opportunities for people 55 years of age and better to assist children and adults in their educational pursuits. But St. Johns County schools welcome mentors of all ages.

Cheryl Freeman, director of RSVP, began the presentation of an hour-long orientation by asking the group to share attributes of a mentor they had in their lives. Honest, direct and reliable were a few of the responses. Then she invited Charlie Judice, a volunteer

who mentored a student from eighth grade through high school, to share his experience. Judice has a PhD in physics and a successful engineering career behind him.

"I mark mentorship as my biggest success," he said. "...I get back more than I give."

Judice's mentee went on to receive a scholarship to the University of Florida, graduated and is now a bank manager. Judice currently mentors a high school student who is interested in aerospace and welding. Judice quickly pointed out that being a mentor is less about teaching and more about showing up. Sometimes it's just having lunch. An advanced degree is not required.

MENTOR continues on Page 12

Amy Harris is co-owner of Oceanside Cleaners with her husband, Mike. She has resided in Ponte Vedra Beach since 2003.

Amy Harris



Photo by Maggie FitzRoy

As told to Maggie FitzRoy

When did you open your dry-cleaning business?

In 1990. Our first location was 1,000 square feet on Southside Boulevard. Three years later we opened the Ponte Vedra location, where we are now, on Solana Road.

What inspired you and Mike to go into that type of business?

We had been married for two years, working in our careers. He was working in the pipe fitting industry and I was selling personal computers. His company was closing the office here and he always wanted to own his own business. So his mother, who owned a local laundromat in Atlantic Beach, encouraged us to look at opening a dry-cleaners. Her business was thriving, and she saw a need for quality dry-cleaning.

Has the business changed a lot since 1990?

Yes. From 1,000 square feet our main plant is now 8,000 square feet. That's on Southside Boulevard, so we have two locations. In 1993, we opened this one in Ponte Vedra Beach; we don't clean any clothes here. We are in our third location in Southside, so we have grown. We went from 1,000 square feet to 3,000 to 8,000. We are thankful for the growth.

Has the industry in general changed?

I think the biggest ways are in getting more creative in serving the customer. Pickup and delivery in the last eight to 10 years has really increased. We have also changed our cleaning process to be more environmentally safe.

Who else in your family works the business?

Mike and I work full time. His mother, Marian, is also involved. She sold the laundromat in 1996 and came to work for us full time. She works part time now, since she's 83, and solely at the Ponte Vedra location, where the customers love her. Our daughter, Clare, is our wedding dress specialist.

Where did you grow up?

In Jacksonville. I went to Englewood High School and I was a member of the first freshman class at UNF, the year it went four-year.

Where did you and Mike meet?

We were at UNF at the same time, but we were introduced by Mike's cousin, who went to high school with me.

What do you do outside of work?

I'm very involved with my church, Christ Episcopal,

with the youth group. I mentor for confirmation, have served on the Vestry and as a mission trip chaperone. Both of our families are still here in Jacksonville, so we have a lot of family commitments we enjoy.

Tell us about your children.

Clare is 26 and Mark is 23. Both graduated from Ponte Vedra High.

Any hobbies?

I enjoy walking on the beach. I also exercise in a boot camp group class.

What do you like about the dry-cleaning business?

Like owning any business, it's making your own decisions. Seeing your hard work create growth. But it's a tough business, there's a lot of moving parts. There are a lot of challenges to owning a business today. No matter what it is. We've invested a lot in automation, but there's only so much that can be done with automation. It's labor intensive. We have 75 employees and started out with one.

What areas do you serve on the First Coast?

We serve from Fernandina Beach to North Vilano Beach and west to Ortega. We have about 10 vans and many routes.

Awards

Continued from 5

what eventually became THE PLAYERS, Tucker spearheaded a tournament that had hundreds and hundreds of volunteers and land available in Ponte Vedra Beach for \$1.

Beman reminisced about how moving the tour to Ponte Vedra Beach was an offer that he couldn't refuse.

Tucker pointed out that so many people offered to volunteer at the tournament

every year, that "pretty soon, when Deane came down, the whole town supported us."

"It's because of the volunteers," Beman said. "When I became commissioner, golf was a minor sport. In 1974, bowling had more events on television."

"Look what this man has brought to Jacksonville," Tucker said, pointing to Beman. "There are over \$100 million in charity dollars in our community today. Deane, we think of the tournament as the gift that keeps on giving."

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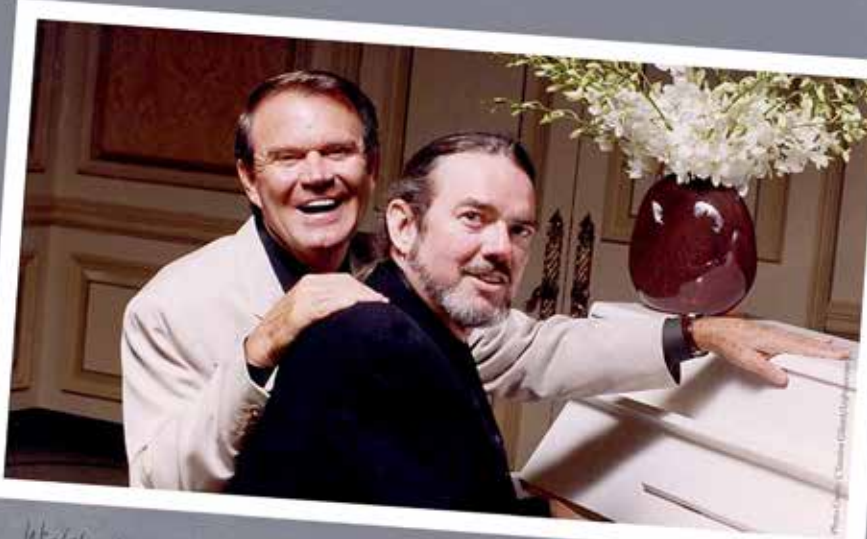
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'Women with Heart' honored by Volunteers in Medicine

By Daniela Toporek

Volunteers in Medicine hosted its fourth annual Women with Heart luncheon Feb. 5, honoring 10 outstanding women who have made a difference in the First Coast community.

In addition, Nina Waters received the top honor, the Dorian-Burt "Heart of Gold" award.

"The Dorian-Burt Heart of Gold is in honor of our two founders, Dotty Dorian and Dr. Jim Burt," said Jennifer Ryan, CEO of Volunteers in Medicine. "The honoree is someone who's not only advocated and helped Volunteers in Medicine, but someone who's advocated and helped the whole community for health. Past recipients are Sherry Magill and Dolores Barr-Weaver. This year is Nina Waters."

Waters is president of the Community Foundation for Northeast Florida, Florida's oldest and one of its largest community foundations since 2005. During her tenure, the foundation's assets and annual grantmaking quadrupled since her leadership, with \$47 million worth of annual grants to the community by the end of 2018.

"When we think of philanthropy, we often think of people giving money but actually, money is sometimes the least important gift you can give," Waters said. Then she laughed and added, "except for today when you text VIM" to donate to Volunteers in Medicine.

"But there are many ways individuals can support—through work, wisdom and wealth—and Volunteers in Medicine is a perfect example of people giving all three," Waters said. "I'm very honored and humble to receive this award," she added, thanking her friends and everyone attending the luncheon.

Women with Heart is not only an awards ceremony, but also VIM's top fundraiser of the year.

News4Jax anchor Joy Purdy encouraged guests to donate to VIM's \$10,000 goal and said that if the goal is reached, Florida Blue and an anonymous donor would match the \$10,000.

Guests donated via their smart phones from their seats and could view the progress on a large projector screen at the front of the room.

To show where their donations would go, videos of clients' stories were aired on



Women with Heart honorees and VIM board members pose for a photo with CEO Jennifer Ryan (bottom right).



Luncheon guests Kaci Honeycutt (from left), Ashley Hooper, Michelle McGriff and Amanda Crawford pose together before the luncheon begins.

the screen.

One story featured Maria Gabbard, who's a hypertension diabetic who lost her husband 11 years ago, along with her health insurance. VIM was and continues to be a safe haven of support, said Gabbard, who attended the luncheon.

"It's been the most amazing thing for me," Gabbard said. "I can't thank the nurses, doctors, supporters and all that make Volunteers in Medicine possible."

The luncheon also highlighted the 2020 Women with Heart honorees one by one, with videos that explained and highlighted their contributions.

One of the honorees, attorney and shareholder at commercial law firm Smith, Hulsey & Busey, Charmaine Chiu, does not directly deal with patients or work in the medical field. But she does help acquire land and property for medi-

cal practices to flourish.

She said in her video that although she doesn't deal with patients first-hand, she feels proud and honored to "indirectly" impact organizations like Volunteers in Medicine.

"I'm very very honored," Chiu said at the luncheon. "This is an incredible organization and what it does for working people without health insurance is just miraculous. It's amazing."

To honor all attending the luncheon, each guest went home with a "happy bag" provided by VIM and their participating sponsors.

"Our major sponsors are Baptist and Bacardi," Ryan said. "Everybody's leaving with a bottle of rum, so it's pretty fun."

The 10 award winners, in addition to Waters, included Chiu and: Kristi Aiello



Photos by Daniela Toporek

Nina Waters (left) accepts her Dorian-Burt Heart of Gold award from VIM CEO Jennifer Ryan.

of Florida Blue; Mickee Brown of Special Project Partners; Tammy Daniel of Baptist Health; Tracee Holzendorf of All About Kids and Families; Mary Reval of Memorial Hospital; Ann-Marie Knight of UF Health Jacksonville; Melanie Lawson of WJXT News; Donna Orender of Orender Unlimited and Ellen Williams of Ascension, St. Vincent's.

The Women with Heart award is not just open to those in the medical field. Any woman that makes a difference in health and wellness can be recognized, Ryan said.

"It could be someone who's written grants and advocated for health activities in our community. It could be a TV anchor who works and promotes the American Cancer Society. It could be anyone."

The event raised more than \$165,000.

Actress Loretta Swit hosts annual Ayla's Acres gala

By Christine Rodenbaugh

There was a “whole lotta shakin’ goin’ on” at the fifth annual Ayla’s Acres No-Kill Animal Rescue gala, Shake, Rattle and Roll Casino Night, to raise funds for its Peter’s Friends Animal Resource Center.

Fang, the Jacksonville Icemen hockey team mascot, greeted guests at the door Saturday evening at the River House in St. Augustine. On the patio overlooking the Matanzas River, the full moon rose behind the lighthouse and glistened on the still water. The air was chilly, but inside the gambling, bidding and dancing was hot.

Ayla’s Acres is raising funds to build the St. Johns County-based Peter’s Friends Animal Resource Center, which will serve as an adoption facility, low- or no-cost spay and neuter clinic and education and outreach center. The 10,000-square-foot facility will be located on 17 acres in St. Johns County at 5051 County Road 208 at the intersection of 13A. It is designed to house up to 40 cats and 40 dogs, but 60 animals would be optimal.

The nonprofit receives no government funding, relying instead on private grants, donations and fundraising activities. Ayla’s acres also benefits from donated items that are sold through its thrift shop in St. Augustine.

Award-winning actress, Loretta Swit, supports the mission and vision of Ayla’s Acres through her nonprofit, the Switheart Foundation. Swit greeted guests warmly and posed for pictures in what seemed an endless line of fans and supporters.

Susan Welch was especially eager to connect with Swit. She started watching the television series M*A*S*H after her late shift at Wendy’s when she was about 14.

“She’s the reason I became a nurse,” Welch said of Swit’s character, Major Margaret Houlihan. “My entire goal in life was to become an Army major.”

Welch understands Houlihan is a character, but believes it was Swit’s own strength showing through the role that made it so believable. Welch, although not a major, made the rank of captain in the Army, and currently works as an emergency room nurse in Palatka. She also shares Swit’s love of animals. Welch and Rick Sheldon have a “mini-farm” with about 120 animals off County Road 208 and hope to make room for more.

“She’s probably guided a lot of my life,” Welch said.

And that sentiment was shared by many at the gala. One guest pointed out that, at the time M*A*S*H was airing on prime time, there were really no other strong, independent female characters on TV. All in the Family had Edith Bunker and The Waltons had Olivia Walton, both wives and mothers who were relegated to traditional female roles. Swit’s character served as an empowering role model for women.

Ayla’s Acres supporters played the slots and table games like craps, poker and roulette to win “funny money” to exchange for raffle tickets. Players placed a raffle ticket in a cup near the prize they wanted to win, like the “Crazy Cat Lady” basket, hand-painted wine glasses or diamond



Actress Loretta Swit (center) presents a prize to raffle winners Geri (left) and Tom Ferry at the fifth annual Ayla’s Acres No-Kill Animal Rescue gala Saturday evening at the River House in St. Augustine.



Photos by Christine Rodenbaugh

Renee Jamison (left) and Patricia Belmont (right) pose for a photo with Loretta Swit. Belmont won a Loretta Swit look-alike contest years ago, and shared the newspaper clipping with Swit.

earrings to name a few. Between games, guests sampled a variety of heavy hors d’oeuvres or danced to live music by Little Jake and the Soul Searchers. Silent auction bid sheets filled up for tours, art, jewelry and more, all donated by generous businesses and individuals. Out on the terrace, patio heaters warmed evening air for guests to enjoy the view with a glass of wine or beer.

Precisely at 9:15 p.m., Swit took the microphone in the main ballroom and announced, “This is your major speaking.” The noisy audience hushed under her command and Swit thanked everyone for coming and for supporting the shelter. “Now, let’s win something,” she said.

As raffle ticket numbers were called, enthusiastic winners rushed to the stage to pose for pictures with Swit and their prizes. After the final ticket was drawn, the band turned up the volume and guests filled the dance floor.

“It was a wonderful evening with a full house and



Mike Feldner (from left), Laura Feldner, Bill Harker and Jessica Halleck share videos and photos of their pets during Saturday’s Shake, Rattle and Roll Casino Night, to raise funds for Peter’s Friends Animal Resource Center.

guests who gave a lot of positive feedback,” Fran Charlson, executive director said. “We appreciate the support. It’s very meaningful to us.”

With the Peter’s Friends site plan finalized, civil and environmental engineers are reviewing the plans. The next step is to receive County approval. Charlson hopes to break ground by June.

“We need the whole community behind us to make this project work,” she said. “I think it will be a big win for St. Johns County.”

Several sponsor levels are available to fund the \$3.2 million Peter’s Friends project. For example, sponsor the vet clinic for \$100,000, the memorial park for \$50,000 or one of the cat kennels for \$10,000. Walkway bricks are available for \$500 each. For a complete list of sponsorship opportunities, call Fran Charlson (650) 520-5201.

Visit www.aylasacres.org for more information.

Violet and Grey Russo will sell homemade bread and cinnamon rolls at the STA Children’s Entrepreneur Market on Feb. 22 in St. Augustine.



Photo provided

Kids to run own farmers market in St. Augustine

Recorder Staff

The first ever STA Children’s Entrepreneur Market, kicks off from 10 a.m. to 1 p.m. Saturday, Feb. 22 at Eddie Vickers Park, 399 Riberia St. in St. Augustine. If you know kids who create arts, crafts or treats, there is still time to reserve a booth.

According to market managers Kimberly McLemore and Kendra Turley, the idea is for kids ages 5 through 16 to sell what they have made or have helped make.

Adults are encouraged to bring the kids, help them set up and then hang out in the back of the booth or browse the market while the kids do the selling.

St. Johns parent Megan Russo will help three of her children, Grey, Violet and Tanner, set up a booth to sell sourdough bread and cinnamon rolls. She logs baking as home economics in the kids’ homeschool curriculum.

For more information or to register, visit stafarmersmarket.com/applications or email info@stafarmersmarket.com.

NFL HALL OF FAMER VISITS WITH NEASE NJROTC CADETS



Photo provided by Nease NJROTC

Former Washington Redskins cornerback, NFL Hall of Fame inductee and one of the NFL's Top 100 players of all time, Darrell Green held a one-on-one session with Nease NJROTC cadets to talk about faith, family and character in his life's journey. Green mentioned five areas of his life where he made the unwavering commitment to giving 100%, his responsibilities as a husband, his job, his duties as a father, his giving back to help youths across the country and his commitment to serving God. Green also visited St. John Paul II Catholic Church in Ponte Vedra Beach, St. Anastasia Catholic Church in St. Augustine and St. Elizabeth Ann Seton Catholic Church in Palm Coast in February as part of the "Make a Difference in the World" forums.

NAVY SENDS THANKS



Photo provided by Beaches Episcopal School

Members of the USS Farragut, a Mayport-based Navy destroyer currently deployed overseas, received thank you cards and New Year's greetings from Beaches Episcopal School students in January. In response, the military members sent the students a picture expressing their gratitude for the thoughtful messages from the homefront.

OBITUARIES

Gwendol O'Neal Easton

Gwendol O'Neal Easton, 78, of Ponte Vedra Beach, Florida, died Feb. 2, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. (904) 249-1100

Arthie "Jean" Taylor

Arthie "Jean" Taylor, 85, of Jacksonville Beach, Florida, died Feb. 8, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. (904) 249-1100

James Arthur Bersinger

James Arthur Bersinger, 91, of Jacksonville, Florida, died Feb. 7, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. (904) 249-1100

Christian Ramos

Christian Ramos, 18, of Ponte Vedra Beach, Florida, died Feb. 9, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com. (904) 249-1100

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2:00 - 5:00 p.m.

For tickets and other information visit www.spanishwinefestival.com

Luxury 'garage condominium' concept takes off in Nocatee

By Christine Rodenbaugh

There's a new community in Nocatee, but it's not a traditional neighborhood. In fact, it's a storage facility. But it's not a traditional warehouse, either. WheelHouse Storage is a secure site with 36 luxury "garage condominiums." Chris Pilinko and David Wallace make up the WheelHouse development team. Pilinko, president, introduced the concept in 2015.

When collectors or enthusiasts purchase a climate-controlled unit, ranging from \$100,000 to \$360,000 depending on size, they are free to build-out the interior however they want. Most of the units contain cars, but some store boats or recreational vehicles. One of the owners, Jeremy Price, didn't modify the space much at all. He had plans to build a structure, but purchasing a unit at WheelHouse was more cost-effective.

"We love anything outdoors," Price said. He stores watercraft, four-wheelers and a vehicle in the space, and appreciates the security, convenient location and climate-controlled environment. He also has access to the owner's lounge at the front of the complex to relax and watch TV, grab a cup of coffee or use the restroom. Some owners have used the lounge for small meetings as a way to get employees or clients out of the typical office environment.

Other owners convert the space, or spaces if they buy multiple units, into somewhat elaborate man caves with a mezzanine, car lift, bathroom, media room and lounge area.

"Community is a big part of WheelHouse," Wallace said. "Yes, it is functional storage space that they need, but big draw is the opportunity to be around other like-minded individuals with similar passions. In our case, it's typically cars."

Greg Bennett stores an eclectic collection at WheelHouse that includes his first classic car purchased about 20 years ago — a 1963 Thunderbird. He doesn't consider himself a serious collector because his vehicles are more in the daily driver category instead of show quality.

"This is just kind of a fun passion for me," he said.

Bennett has a mezzanine upstairs that's about 12 by 20 feet. Along with a variety of automotive signage, models and memorabilia, he has an older model pinball machine and comfortable seating. He said they had a large garage in Palencia, but decided to downsize to a condo at Vilano Beach. He stores two Auburns, the T-Bird, a Plymouth Cranbrook and a surfer's dream — a Woody Wagon.

"I buy cars because I like them, they strike a chord," he said. "They're fun to drive."

About once a month, Wallace and Pilinko open the gates and garage doors and invite WheelHouse friends and family to spend the afternoon swapping car stories and adventures as well as check out the latest addition to a collection or the latest build-out inside a unit. It's a way to reinforce the community concept as it was originally intended.

The Ponte Vedra units are sold out, but



Chris Pilinko (left) and David Wallace chose Nocatee to test the North Florida market for luxury "garage condominiums." The 36-unit WheelHouse Storage is sold out, but the next facility will be roughly twice the size located in San Pablo.



Photos by Christine Rodenbaugh

Greg Bennett downsized to a condo in Vilano Beach and found WheelHouse Storage the perfect space to house his eclectic classic car collection.



Will Montoya and yellow lab Sergio greeted fellow WheelHouse owners during a recent open house. Montoya enjoys talking with others who have an interest in classic cars, like his red 1972 LeMans.

another WheelHouse Storage is under development on Wm Davis Parkway, across the street from the Mayo Clinic in the San Pablo area. It will be roughly double the size of the Nocatee location.

For more information, visit wheelhousestorage.com or call (904) 899-1136.

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KIDS SAY

In this new feature of the Ponte Vedra Recorder, "Kids Say," area children offer their answers for some pressing questions. This week, pre-K students at the Bolles School, Ponte Vedra Beach campus, were asked ...

WHAT IS YOUR FAVORITE RESTAURANT?



"The Loop. Because the mac and cheese tastes really good."
Skylar



"North Beach Fish Camp. I like their crab claws."
Sutton



"Salt Life. Because they have the world's best corn dogs."
Hudson



"The Ponte Vedra Club. 'Cause there's a pool and stuff. And I like their chicken nuggets and french fries."
Grey



"The Steak House. I like the fried pickles."
Archie

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Mentor

Continued from 5

Mentors schedule about 45 minutes per week to meet with a student to support academic pursuits and other goals. No experience is required and background screening and training are provided at no cost. Even though the district is A-rated, most schools have a need for mentors and Freeman can facilitate a connection.

"One reason we're No. 1 is because we look at students as individuals," Freeman said. "All schools are wonderful across the district, but there are still students in need at each school."

Kris Rodas said she heard about the



At Pedro Menendez High School table, Kristin Bozeman, assistant principal (from left), and Stephanie Toffaletti, counselor, talk to Elle Lynch about mentoring opportunities.

Photo by Christine Rodenbaugh

mentor fair at Ward's Creek Elementary and decided to learn more about the program because "there are some kids who need a little extra. Kids are so important."

Another fair attendee, Elle Lynch, stopped at the Pedro Menendez High School table to speak with Kristin Bozeman, assistant principal, and Stephanie Toffaletti, counselor.

"I am looking for a way to put my energy into something to make a difference," Lynch said.

Assistant Principal Bozeman said mentoring is another tool to help students succeed.

"It's been very successful, especially with students where motivation is the biggest hurdle," Bozeman said. There are about a dozen students in the program at Pedro, but there would be more with more mentors.

Counselor Toffaletti said, "If we had 100 mentors, we would have 100 kids to match with them."

Paul Goricki, principal at Hartley Elementary School, said the mentorship program is irreplaceable because, while traditional teaching provides knowledge, mentors share experiences.

"Now we know kids learn by doing," Goricki said. "When mentors come in, everybody gets more. They introduce kids to a world of possibility."

He said it's important for students to hear about experiences from someone other than school staff. Students interact with teachers almost daily, so having a mentor come in exposes them to a different point of view.

"It enlarges their world," he said.

For more information, email Cheryl Freeman at Cheryl.Freeman@stjohns.k12.fl.us or call (904) 547-3952.

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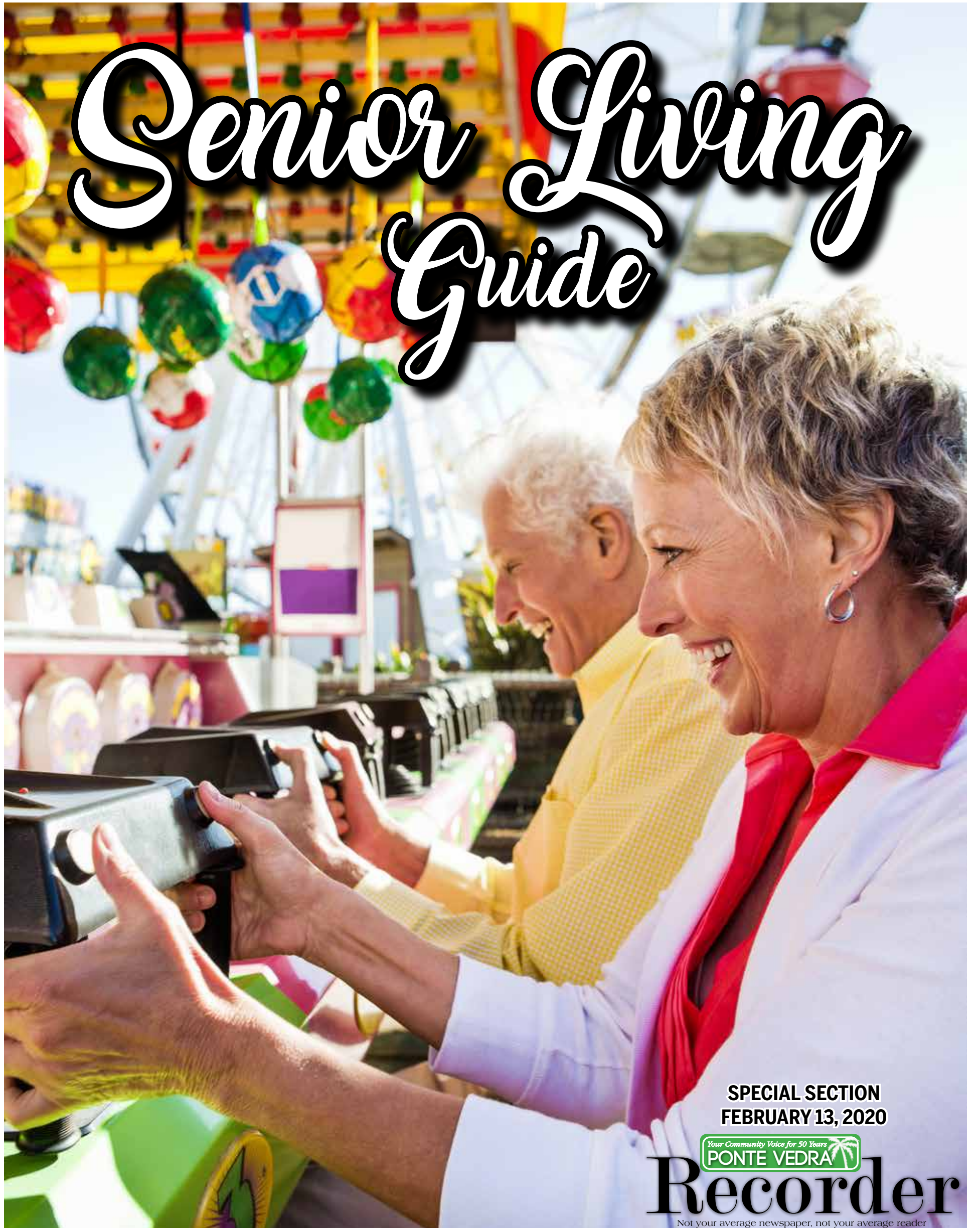
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Recorder

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“One of my favorite expressions is: One day at a time. I think it’s both of ours.”

Linda Wilson, on her love connection with fellow Palms resident Kay Campbell

Love blooms at The Palms at Ponte Vedra



By Maggie FitzRoy

Linda Wilson had just volunteered to be an ambassador in her retirement community, The Palms at Ponte Vedra. And she was excited when she received her first assignment — a newcomer she was to greet and show around.

When she got the piece of paper with the person’s name on it, she assumed it would be a woman.

“But when I looked at it, I said, ‘oh, it’s a man,’” Wilson said one recent day during lunch in the dining room.

“And it was this man,” she said, pointing to Kay Campbell, the handsome gray-haired man next to her. “And he’s been with me ever since.”

Campbell, 91, nodded and gave Wilson, 87, a warm grin. “I liked her from the beginning,” he said. “We got along right from the start, and we’re together all day long.”

Campbell and Wilson have indeed been together ever since that day last October, when Campbell moved to The Palms from New Jersey to be closer to his son, who lives nearby.

They go to daily morning exercise class together. They eat breakfast, lunch and dinner together. They sit next to each other in rocking chairs, chatting and gazing into each other’s eyes.

They go for walks, strolling the community hand-in-hand.

And they both love music. She plays the piano and organ, and he’s right there helping her.

Wilson has played all her life, and even though Campbell used to play the piano, he lets her do it now.

“I turn the pages,” Campbell said with a smile.

When they regularly volunteer to play for folks in the memory care unit, “they enjoy having me play,” Wilson said.

Wilson, who was married once for a brief time many years ago, and has since been divorced, said she feels fortunate to have Campbell, a widower, in her life at this stage of it.



Photos by Maggie FitzRoy

Kay Campbell (left) and Linda Wilson walk the grounds of their community.

“He’s one of the nicest people I’ve ever met,” she said. “He really is a lovely man.”

Campbell said he feels the same. “When I came here, I was not enthusiastic about coming here,” Campbell said. “But after I

met Linda, things changed.”

He said he doesn’t feel 91.

“And he doesn’t seem as old as 91,” his sweetheart said.

Seeing Campbell and Wilson together,

they appear to have known each other all their lives.

Wilson, who said she doesn’t feel 87, admits she feels that way. “If we had met each other when we were younger, we might have gotten married,” she said. “But he was married, and I was divorced way back when.”

Campbell smiled and nodded when she said that.

“One of my favorite expressions is: one day at a time,” Wilson said. “I think it’s both of ours.”

Campbell smiled and nodded in agreement again. “I guess we are kind of lucky,” he said, “that we met each other when we did.”

Campbell played football as a young man. He wears a Rutgers University championship ring on his hand, and said it is one of several he owns. He was born and raised in Pennsylvania and was once a marathon runner and high school coach.

Wilson worked as a secretary for most of her life, as a single mother while raising her daughter, who now lives nearby in Neptune Beach.

Wilson and Campbell’s relationship touches the staff at The Palms, because they both seem so happy.

“How sweet and warm it is to be working at my desk and look out my window and see love bloom,” Sales and Marketing Director Kay Tober said. “It’s touching. It’s never too late. It’s never too late for love.”

“It’s adorable,” agreed Cathy Hoffman, the community’s concierge. “That they have each other. They weren’t looking for love. They just clicked.”

Wilson said she is enjoying her retirement years. “This is makeup time,” she said. “Time to do things you like to do for fun and pleasure. When you were younger, you were too busy working, too busy to do the things you wanted to do.”

Campbell smiled in agreement. “I like my retirement years, too,” he said.

Then he pointed to Wilson. “But I do so because of her. If I didn’t have her, then I don’t think I would like it as much.”

Expansion, renovation plans underway for Vicar's Landing, Oak Bridge

Construction to add 238 senior residential units

By Amber Lake

Vicar's Landing retirement community recently announced plans for a land lease and intentions to expand. The new project, named Vicar's Landing at Oak Bridge, includes 178 independent homes and 60 assisted living and memory care apartments.

In addition to the Vicar's Landing Oak Bridge units, there will be significant renovations made to the golf course, new pickleball courts, tennis court renovation

and updates to 3 Palms Grille. The combined projects are estimated to exceed \$130 million invested in the Ponte Vedra Beach community and will create approximately 100 new jobs in the area.

"It is incredible to see what a community can do when they come together," said Dave Miller, owner of Oak Bridge. "We hope to meet the evolving needs of the Ponte Vedra community and will work hard to bring this project to fruition," he said.

While the groundbreaking for Vicar's Landing at Oak Bridge is planned for 2021, the renovations to Oak Bridge golf course are well underway, with planned completion later this year.

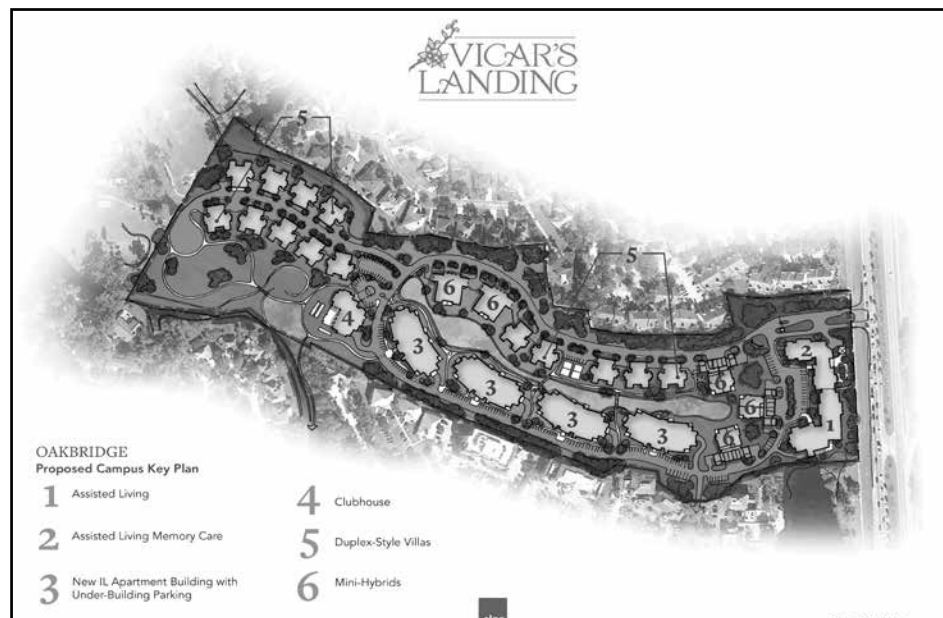


Photo provided by Vicar's Landing

The 238 senior living units will include 178 independent homes and 60 assisted living and memory care apartments for Vicar's Landing at Oak Bridge.

"We are part of the fabric of Ponte Vedra Beach and we are excited to continue that same level of excellence for more seniors

right here in our beachside neighborhood," said Bruce Jones, chief executive officer of Vicar's Landing.

Baptist Medical Center Beaches receives 5-star rating

It's common to check online ratings before making a purchase decision. When it comes to healthcare, consumers can compare hospitals through the Centers for Medicaid and Medicare Services' Hospital Compare ratings. Baptist Medical Center Beaches recently received a 5-star rating in the national ranking.

CMS' Hospital Compare ratings are based on a variety of measures in seven quality areas: mortality, safety of

care, readmission, patient experience, effectiveness of care, timeliness of care and efficient use of medical imaging.

CMS assigns star ratings to more than 4,500 hospitals nationwide. The most common overall hospital ratings are three or four stars. All four Baptist Health adult hospitals received four- and five-star ratings. Only 6.5% of the hospitals in Florida received five-star ratings.

"Quality and safety are the most important factors when

it comes to health care," said Joe Mitrick, hospital president of Baptist Medical Center Beaches. "Baptist Beaches' five-star rating is a reflection of our relentless dedication to safe, quality patient care."

Hospital Compare ratings from data that hospitals report to CMS, the federal agency that runs the Medicare program. The data are based on Medicare and non-Medicare patients.

Carnegie Foundation awards UNF Community Engagement Reclassification

Meals on Wings initiative helps package and serve healthy meals to homebound seniors

The Carnegie Foundation recently announced the University of North Florida is one of 119 U.S. colleges and universities to receive the 2020 Carnegie Community Engagement Classification, an elective designation that indicates institutional commitment to community engagement.

This distinguished classification is awarded following a process of self-study by each institution, which is then assessed by a national review committee. Each academic year, over 7,500 UNF students participate in some form of community engagement and the University offers more than 800 courses with community-based components. When calculating the hours of time UNF students, faculty, and staff spend serving their community, the resulting economic impact to our region is at least \$22 million annually.

Some recent community-based initiatives that contributed to the Carnegie reclassification include Meals on Wings, a Center for Nutrition and Food Security initiative to package and serve healthy meals to homebound seniors; Florida Data



Photo provided by UNF

Meals on Wings, which is a Center for Nutrition and Food Security initiative to package and serve healthy meals to homebound seniors, is one of the community engagement projects UNF is involved in.

Science for Social Good, a program that pairs psychology and computing students to work with local organizations to solve social problems; the Sulzbacher HOPE Team where nursing students provide weekly medical care to Jacksonville's homeless population; and a partnership with the consortium of scientists from the Northeast Florida Coastal Research and

Education Corridor to better understand and solve local coastal challenges like sea level rise.

"The selection of UNF as a community-engaged campus by the Carnegie Foundation is a mark of distinction, representing the diligent efforts of our faculty, staff and community partners who have made great strides in providing quality, next-level

community-based learning experiences for our students while serving the needs of our local communities," said UNF President David Szymanski. "Connecting students with learning opportunities outside the classroom is one of the features that make us uniquely UNF."

UNF was first designated as a community-engaged campus in 2010. The re-affirmation of its commitment to community engagement places UNF among a selective group of 359 total campuses across 37 states and U.S. territories who are currently active holders of this important designation. The Carnegie Community Engagement Classification has been the leading framework for institutional assessment and recognition of community engagement in U.S. higher education for the past 14 years.

The Carnegie Foundation for the Advancement of Teaching aims to build a field around the use of improvement science and networked improvement communities to solve long standing inequities in educational outcomes. The Foundation, through the work of the Carnegie Commission on Higher Education, developed the first typology of American colleges and universities in 1970 as a research tool to describe and represent the diversity of U.S. higher education.

Republic Services provides support for Ponte Vedra area seniors

Republic Services, a recycling and solid waste service provider in St. Johns County, recently renewed an annual grant in support of seniors at Council on Aging's Ponte Vedra Beach senior center, THE PLAYERS Community Senior Center. Bill Brinkley, general manager for Republic Services, presented the nonprofit organization with a check for \$30,000 which will help provide transportation and lunch services for seniors at the center for an entire year. For more than 5 years, Republic Services has made the generous contribution annually in support of Ponte Vedra area seniors.

"We are extremely grateful to Republic Services for their continued commitment to local seniors," said Becky Yanni, executive director of Council on Aging. "Without their support, many seniors would not have transportation to our senior center, nor would they be able to enjoy a nutritious meal together. The senior center is crucial to the health and happiness of seniors in Ponte Vedra and northeast St. Johns County. We are grateful to have

Republic Services as a trusted partner in our mission."

Studies show that isolation and loneliness are detrimental to the mental, emotional and physical wellbeing of older adults. Senior centers provide a welcoming and stimulating place for seniors to socialize, pursue existing and new interests, have fun and enjoy nutritious meals together. COA's THE PLAYERS Community Senior Center, located at 175 Landrum Lane, offers residents a wide array of activities including yoga, tai chi, exercise, arts, music, games, lectures and more.

"When my late husband and I visited the center for the first time, we knew immediately that this was 'home'," center participant Darlene Tye said. "We made friendships that have lasted for almost 9 years." She continued, "Though my husband passed away 4 years ago, those friendships have been more than one person could expect to fill such a void. We are able to laugh, even cry as needed, and

SUPPORT continues on **Page 17**



ABOVE: COA's Sue Richerson (from left), Bill Brinkley of Republic Services, and COA's Becky Yanni and Tom Torretta.



LEFT: Ponte Vedra senior center participants with COA's Danielle Johnson (right).

Photos provided by St. Johns Council on Aging

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EVENTS AT THE PLAYERS COMMUNITY SENIOR CENTER IN PONTE VEDRA BEACH

Thursday, Feb. 13, 11 a.m.

Please be Mine Valentine's Party with Jenni and Sarah Larson singing duo and cake sponsored by A Place for Mom

Tuesday, Feb. 18, 11 a.m.

Rock and roll instrumental with Cheryl and the Flames

Thursday, Feb. 20, 11 a.m.

Free hearing screening day with Ponte Vedra Hearing Associates.

Tuesday, Feb. 25, 11 a.m.

Mardis Gras Party with Don Miniard, sponsored by PV Hearing

Thursday, Feb. 27, 11 a.m.

"Exploitation of the Elderly & Disabled" presented by Esquire Megan Wall

Support

Continued from 16

enjoy the excellent selection of entertainment and lunches. And we don't pass up a lot of laughs together!"

"Republic Services is happy to be involved in serving the seniors of Ponte Vedra and northeast St. Johns County," Bill Brinkley said. "We believe in giving back, and our elders deserve our support."

Council on Aging has served seniors throughout St. Johns County for the 47 years, providing an extensive array of services in support of seniors' health,

independence and community involvement. Services include Meals on Wheels, adult day care, case management, memory enhancement, paratransit, prescription assistance, caregiver support and more. As a nonprofit, 501(c)(3) organization, COA relies heavily upon the generosity of individual donors, business partners and volunteers to help older adults enjoy quality of life at every age.

To find out how you can join in COA's efforts and make a difference in the lives of local seniors, call Tom Torretta at (904) 209-3700 or email ttorretta@coasjc.org. Visit www.coasjc.org for more information.



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Have Questions About Driving Evaluations?

Join us at River Garden for a special presentation and Q&A by Luther King, DrOT, OTR/L, CDI, CDRS, clinician and driver rehabilitation specialist, UF Health.

Tuesday, Feb. 18 | 11:30 a.m. - 12:30 p.m.

Lunch is provided during this complimentary event at River Garden.

To RSVP, call (904) 288.7855 or email kbell@rivergarden.org.

Seniors stay active at River House in St. Augustine

The Council on Aging's vision statement is, "To provide the opportunity for every person in St. Johns County to enjoy wellness, longevity and quality of life choices within a strong, healthy community."

With more than 70 programs, activities, seminars and support services scheduled each week, COA's River House in St. Augustine can help fulfill that vision, one person at a time. There are workshops and classes for writing, dancing, acting, yoga, Zumba and foreign language classes, just to name a few. River House activity members receive discounts on several classes and activities, but nonmembers are welcome to most for a fee.

River House hours are Monday through Thursday from 8:30 a.m. to 4 p.m. and Friday from 8:30 a.m. to noon.

Unless otherwise noted, the activities listed below will be at the River House, 179 Marine Street, St. Augustine, FL 32084. For more information or to make reservations, call (904) 209-3655 or visit www.coasjc.org.

MONDAY

River House Bridge Group

1 to 4 p.m., Mondays and Wednesdays

Playing Bridge is complimentary for members, \$5 for nonmembers. For more information or to join the group, call Judy Swindull at (904) 829-2285 (leave a message).

Art Appreciation Lecture: "Vincent Van Gogh, Validated"

1 to 3 p.m., Feb. 24

Attend the lecture for a fresh look at popular artist, Vincent Van Gogh. In addition to exploring his beautiful artwork, art enthusiast and educator, Jean Serusa, will delve into his family life, early academic training, and the various career choices of his young life. Cost is \$3 for River House Members, \$5 for nonmembers. Call for reservations.

American Sign Language

March 2, 9, 16, 23, 30 and April 6

Noon to 1 p.m., Sign Language Level 1

1:15 to 2:15 p.m., Sign Language Level 2

2:30 to 3:30 p.m., Sign Language Level 3/Conversational

If you have ever been interested in learning basic American Sign Language, join this six-week course. Instructor Linnea Aldridge, will introduce you to deaf culture and teach you the basics of the language in order to converse and interact with deaf individuals. Participants will need to acquire "The Everything Sign Language Book" (ISBN 978-1598698831) for course material. Cost is \$40 for members, \$45 for nonmembers. Space is limited. Call for reservations.

TUESDAY

Chair Yoga

9 to 10 a.m. Tuesdays and Thursdays

2 to 3 p.m. Wednesdays

Chair Yoga is a practice that is accessible to people of all ages and all fitness levels. It has therapeutic benefits to seniors who may not be able to stand for long periods or may be uncomfortable seated on the floor. We also offer. Complimentary for members, \$5 for nonmembers.

NEW SESSION! Afternoon sessions of Chair Yoga from 2 to 3 p.m. Wednesdays.

Pole Walking for Fitness, Health and Feeling Happy

2 p.m., monthly on the first Tuesday:

Walkers must complete the Pole Walking Clinic to participate in the Pole Walking Class.

Pole Walking has a low impact on joints, improves balance, burns more calories and improves posture. River House Pole Walkers meet five different times each week for group walking with instructor Sheila Vidamore. The clinic will include the history of pole walking, information about

its benefits, a hands-on demonstration and a lesson with a set of provided poles. Call to make reservations as space is limited.

Mat Pilates

2:30 to 3:30 p.m.

The Mat Pilates class has numerous benefits including increasing flexibility and bone density, strengthening the core and back muscles, and improving the overall health of the entire spine. Suitable for all levels with individualized modifications. Cost is \$5 for members, \$6 for nonmembers. Call to register.

River House Book Club

3 to 4 p.m., monthly on the first Tuesday

March 10: "Giver of Stars" by Jojo Moyes.

Joining a book club is a great way to be consistent in your reading, delve deeper into books and make some great friends. This group is complimentary and made possible by the SJC Public Library Bookmobile.

Grief Support Group

10:30 a.m. to noon, monthly on the third Tuesday

If you are grieving over the loss of a loved one, join the monthly bereavement group where you can share thoughts, memories and issues about these special people. This complimentary support group is led by Rhona (Ronnie) Botnick, a Bereavement Counselor with more than 25 years of experience.

Senior Singles Group

11:30 a.m., monthly on the first Tuesday

March 3: Mango Mangos, 700 A1A Beach Blvd., St Augustine, FL 32080

Join local seniors for fabulous food and fun conversation at various restaurants. Call Victoria Balsamo (419) 651-0411 for reservations.

Apple iWatch Basics

1 to 3 p.m., Feb. 25

Learn how to use this amazing wearable device. Not only can it make phone calls, send texts and be used as a calendar, but it can also assist with managing your health. It alerts you of too high or low heart rates, calls an ambulance if you fall, takes an electrocardiogram, motivates you to stay active, protects your hearing with alerts in noisy environments, and not to mention, it is also a watch! Participants need to bring their own Apple iWatch. Cost is \$15 for River House members, \$18 for nonmembers. Seating is limited. Call for reservations.

Tech Tuesdays for iPhone and iPad

1 to 2 p.m. for seven weeks

Tech Tuesday sessions focus exclusively on iPhones and iPads with instructor Kai Long. Bring your iPhone/iPad with you. Cost for this course is \$55 for members, \$65 for nonmembers.

March 3 - iPhone/iPad Basics
 March 10 - iPhone/iPad Camera & Photo App
 March 17 - iPhone/iPad Editing Photos & Videos
 March 24 - Using Maps & GPS
 March 31 - Using Contact Folder/Safari Internet
 April 7 - Customizing Your Device
 April 14 - Using Siri & Ways to Save Battery Life

WEDNESDAY

Make and Take: Beaded Bracelet Class

1:30 to 3:30 p.m. Wednesdays, Feb. 19 and 26

Join instructor, Shirley Nacey to learn how to design your very own beaded bracelet using an off-loom square stitch. The class included easy-to-follow instructions for beginners to mid-level jewelry beading. You will be proud to say, "I

made it!" when folks ask you about your stunning bracelet. All materials included at the cost of \$35 for members, \$40 for nonmembers. Space is limited. Call for reservations.

Chair Yoga

9 to 10 a.m. Tuesdays and Thursdays

2 to 3 p.m. Wednesdays

Chair Yoga is a practice that is accessible to people of all ages and all fitness levels. It has therapeutic benefits to seniors who may not be able to stand for long periods or may be uncomfortable seated on the floor. We also offer. Complimentary for members, \$5 for nonmembers.

Oil Pastel Art

1:30 to 3:30 p.m., March 4, 11, 18, 25 and April 1, 8

Learn how to enhance your artistic techniques using oil pastels. Accomplished artist, Leland Williams, will review, illustrate and work with students in techniques of application, blending and detailing small to miniature oil pastel works on a variety of substrates. Students will practice techniques using tools and pastels in accomplishment of small landscape, wildlife and abstract works. Cost is \$75 for members, \$85 for nonmembers. Seating is limited. Call for reservations.

Supplies Needed:

Oil Pastels – student level 36 set of Pentel brand or any previously owned set acceptable.

Clipboard standard – 9-by-12 inches

Paper stumps or blending tools assortment

Please, no Sennelier oil pastels

Students should bring highest resolution of reading glasses available

Instructor will provide assorted substrates for instruction and experimentation.

French Language Classes

Feb. 19 and 26, March 4, 11, 18 and 25

2:30 to 3:30 p.m., French Level 1

1:15 to 2:15 p.m., French Level 2

Noon to 1 p.m., French Level 3/Conversation

Discover France and the French language with this engaging six-week course that will help you learn basic French language skills and understand French culture through role-playing, storytelling and interactive lessons. Participants will need to acquire "The Everything Learning French Book" (ISBN 978-1598694123) for course material. Cost is \$40 for members, \$45 for nonmembers. Space is limited. Call for reservations.

THURSDAY

Spanish Language Classes

February 20 and 27, March 5, 12, 19 and 26

Noon to 1 p.m., Spanish Level 1

1:15 to 2:15 p.m., Spanish Level 2

2:30 to 3:30 p.m., Spanish Level 3/Conversational

Join this 6-week session to learn the beautiful language of Spanish. Participants will also enjoy learning about Spanish culture in this fun and interactive class. Participants will need to acquire "The Everything Learning Spanish Book" (ISBN 978-1598691733) for course material. Cost is \$40 for members, \$45 for nonmembers. Space is limited. Call for reservations.

Chair Yoga

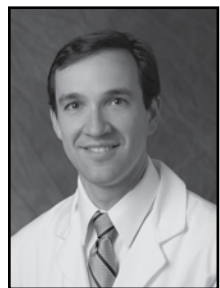
9 to 10 a.m. Tuesdays and Thursdays

2 to 3 p.m. Wednesdays

Chair Yoga is a practice that is accessible to people of all ages and all fitness levels. It has therapeutic benefits to seniors who may not be able to stand for long periods or may be uncomfortable seated on the floor. We also offer. Complimentary for members, \$5 for nonmembers.

Compiled by Christine Rodenbaugh

Stroke deaths rising in St. Johns County: Link between stroke, heart health



Anthony Magnano, M.D.
Columnist

Stroke is the second most common cause of death worldwide, and 1 in 6 of us will experience stroke in our lifetime. Unfortunately, new research from the American Heart Association shows that stroke deaths are on the

rise in certain counties across the country, including here in St. Johns County. The data shows that stroke deaths among individuals over age 65 in St. Johns County increased 19% from 2010 to 2016. There was also a 12% increase among middle-aged individuals, age 35 to 65. These numbers show a tremendous need for stroke prevention and care.

A stroke happens when a blood vessel that supplies blood to the brain is blocked or ruptures. What most people don't realize is that heart health has a lot to do with your risk of suffering from a stroke. About 3 out of 4 people who have a stroke for the first time have high blood pres-

sure and atrial fibrillation — an irregular heart rhythm — is present in about 20% of strokes.

The good news is that you can defend against stroke by promoting a heart-healthy lifestyle. With February serving as American Heart Month, now is the perfect time to learn how to promote your own heart health and lower your risk of stroke.

LINK BETWEEN HEART HEALTH AND STROKE

Heart disease and stroke are closely tied together, because the brain needs oxygen-rich blood pumped from the heart to function properly. A stroke occurs when blood flow to the brain is suddenly interrupted. This can be caused by a blood clot creating a blockage or a blood vessel rupturing. Risk factors for stroke include high blood pressure, high cholesterol, smoking and diabetes. However, one of the leading causes of stroke people may not know about is atrial fibrillation, or AFib.

AFib is the most common heart arrhythmia and increases your stroke risk by five times. AFib is such a potent risk factor because when the upper chambers of the

heart, or atria, do not contract properly, blood pools in a cavity known as the left atrial appendage. The pooled blood can form a clot that travels to your brain's arteries, interrupting blood flow and leading to a stroke.

HOW TO REDUCE STROKE RISK

To reduce the risk of stroke, the best defense is a good offense. First, know your risk factors. A stroke can occur at any age, but it's more common in those 65 and older. In addition to high blood pressure and AFib, diabetes can also increase your risk. There are many effective medications to treat these conditions which can reduce the risk of stroke, so work with your doctor to ensure you're on the right treatment plan for you.

The vast majority of strokes can be prevented with lifestyle changes. Your number one goal should be to maintain a healthy blood pressure. You can lower your blood pressure by eating a heart-healthy diet, avoiding salt, sugar and high-cholesterol foods. Get at least 30 minutes of activity a day, quit smoking, and if you drink, do it in moderation. If you're over-

weight, losing as little as 10 pounds can have a real impact on your stroke risk.

WHAT TO DO IF YOU HAVE A STROKE

It cannot be overemphasized — know the signs of stroke. Nearly 800,000 Americans experience a stroke every year, and roughly 1 in 4 of these cases are second, or recurrent stroke. The important acronym to remember for identifying a stroke is F.A.S.T. That stands for face drooping, arm weakness, speech difficulty, time to call 911.

It's common to mistake or minimize signs of stroke, but don't delay treatment. For example, if your arm is suddenly numb or weak, and it doesn't go away in a few minutes, don't assume it just fell asleep. Call 911.

Stroke is preventable, treatable and beatable. Through small, easy changes, you can start reducing your risk right now.

Dr. Anthony Magnano is a Ponte Vedra resident and cardiologist at St. Vincent's Medical Center Riverside. For more information on Dr. Magnano and his specialty treating Atrial fibrillation, visit Jaxhealth.com/services/afib.

Amazing benefits to seniors having pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional sup-

port and companionship that can help seniors — including those who may be divorced or widowed — feel more secure and happy. The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86 percent

said their pets made them feel loved.

Seniors considering getting a pet can explore the many benefits to doing so.

■ **Reduce pain:** A 2012 study published in Pain Magazine found therapy dogs provided “significant reduction in pain and emotional distress for chronic

pain patients.”

■ **Feeling of purpose:** Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and go, which equates to

PETS continues on Page 26

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Active After 50 Expo to include Bozard Lincoln Benefit for Council on Aging

The Active After 50 Expo presented by Heekin Clinic and Berkshire Hathaway Florida Network Realty is scheduled from 10 a.m. to 2 p.m. Saturday, Feb. 22, at the St. Augustine Outlet Mall.

More than 60 vendors and experts will be on site to answer questions about financial planning, downsizing, pain relief, senior living options, healthy food choices, travel and cruises and more. There will also be free antique appraisals and free health screenings, and visitors can experience Pickleball, the fastest growing sport in the nation. Enjoy the best songs of the 50s, 60s and 70s from The Kings English band, a popular campus band from the 1960s. The Expo offers free admission and free parking at the St. Augustine Outlet Mall located on the east side of Interstate 95.

This year's event will again feature

Bozard Lincoln's Driven to Give event, which will benefit the nonprofit Council on Aging. Participation is simple: Take a seat in a luxurious Lincoln automobile, fill out a brief survey and Bozard Lincoln will donate funds for each survey taken to COA in support of its many programs helping seniors and their caregivers.

Participants will also be entered for a chance to win the grand prize of an Evening Out in Lincoln Luxury.

Bozard Lincoln joins other sponsors including Council on Aging, The St. Augustine Record, Heekin Clinic, Berkshire Hathaway Florida Network Realty, AARP, Flagler Health+, Columbia Care, A-Coin Stamp & Gallery, Island Doctors, Capital Financial Strategies, Coquina Crossing at St. Augustine, WSOS 103.9FM/95.5FM, Beach 105.5FM, 106.3FM and Larry T.



Photo by Susan Griffin

Vendors are set up at last year's Active After 50 Expo, which was held at the Ponte Vedra Concert Hall. This year's expo will be Feb. 22 at the St. Augustine Outlet Mall.

Griggs Attorney at Law, P.A., along with more than 60 exhibitors offering products and services for active boomers and seniors.

Upon entering the expo, visitors can pick up a free Passport to Prizes at each mall entrance. Each passport contains a listing

of the sponsors and exhibitors who have donated prizes to be raffled off at the end of the expo.

For more information, and for information on exhibiting at the expo, email Sara@LifestyleEventsMgt.com or call (904) 829-4502.



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Advanced technology in cataract surgery: Options to improve quality of life



Rajesh Shetty, M.D.
Florida Eye Specialists

More than half of Americans ages 80 and older have been diagnosed with a cataract or have had cataract surgery. However, many of my patients don't realize that cataracts can begin to develop early in their 40s and 50s. Due to safety, we used to wait until patients were older to perform cataract surgery, when the benefit was comparable to the risk. Thankfully, with advances in technology, cataract surgery today is safer and provides better outcomes than ever, so patients now can have surgery at younger ages.

Cataracts are a clouding of the normally clear lens of the eye. Cataract surgery, which involves the replacement of the cloudy lens, is one of the most common procedures in the country, and more than 3.5 million cataract surgeries are performed every year. But it can be challenging for patients to choose between the myriad of new options available.

From laser cataract surgery to premier intraocular lenses, it's important for patients to know their options and discuss them with their eye surgeon. With more patients choosing cataract surgery than ever, becoming familiar with the latest technology is the perfect place to start.

TRADITIONAL VS. LASER CATARACT SURGERY

One of the ways cataract surgery has improved is through a technique called laser cataract surgery. Unlike traditional cataract surgery, where a scalpel is used to make an incision in the eye by hand, laser cataract surgery is computer guided. This results in a safer, gentler procedure. The laser also creates a more precise and accurate outcome, which allows eye surgeons to correct a wide range of vision problems, including astigmatism, far- and near-sightedness at the time of cataract surgery. This gives you the option to correct two eye conditions with one procedure and reduces the need for glasses.

NEXT GEN ADVANCES IN INTRAOCULAR LENS TECHNOLOGY

In addition to laser cataract surgery, the latest technology in premium cataract surgery are the advances in intraocular lens technology. An intraocular lens is the artificial lens that is implanted in the eye during cataract surgery after the eye's cloudy natural lens has been removed. While surgeons have been using these lenses for decades, today's versions offer crisper, higher-quality vision and more function than they've ever provided before.

With the many kinds of intraocular lenses now available, eye surgeons can choose the best fit for each patient. At Florida Eye Specialists, our practice focuses

on an individual's needs in order to choose the best lens. We see patients that need better vision during night conditions, patients who have had prior refractive surgery, golfers who may need better vision during daylight hours and more. We try to customize the lens to the patient's lifestyle, as it's not a one-size-fits-all.

HOW TO KNOW WHEN IT'S TIME FOR CATARACT SURGERY

Cataracts develop slowly and painlessly over time, but they can grow to the point where they can get in the way of living an active, independent life. With all the time we spend looking at phones and other devices, traveling, playing golf and reading, our vision needs are more demanding than ever. Fortunately, cataract surgery offers patients the opportunity to not only restore their vision, but to possibly see better than they ever have before. It can reduce dependency on glasses and make daily activities like reading and driving easy again.

If cataracts are impacting your daily life, you don't need to live with impaired vision or wait for surgery. Make an appointment with a cataract consultant today.

Rajesh Shetty, M.D., is a Ponte Vedra resident, board-certified, double fellowship-trained ophthalmologist and CEO of Florida Eye Specialists. For more information about Dr. Shetty and his specialty treating cataracts, visit FloridaEyeSpecialists.com/Cataracts.

Are you suffering from clouded vision?

You may have
CATARACTS.

If left untreated, cataracts can impact your quality of life and eventually lead to blindness. Thankfully, modern cataract surgery is one of the safest and most effective surgical procedures.

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FloridaEyeSpecialists.com/CataractSurgery
904-613-3922

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224 Ponte Vedra Park Drive #300



Thursday, Feb. 13	Friday, Feb. 14	Saturday, Feb. 15	Sunday, Feb. 16
<p>Amelia Island Book Festival The Amelia Island Book Festival is a three-day celebration of the written word throughout various venues in Amelia Island. The festival, to be hosted Feb. 13 through Feb. 15, engages adults and youth in the hobby of reading and writing through a series of events featuring New York Times best-selling authors, independent publishers and authors, award programs and workshops. The festival starts at noon with the Kickoff Luncheon at the Omni Amelia Island Plantation, featuring best-selling author and keynote speaker Lisa Scottoline. For the full line-up of events, locations and more information about the visiting authors, visit www.AmeliaIslandBookFestival.org.</p> <p>Cocktails & Creatives at Bog Brewing Co. American Institute of Graphic Arts Jacksonville is headed to Bog Brewing in St. Augustine from 6 to 9 p.m., Feb. 13, for Cocktails & Creatives. The event connects creative professionals like print/web designers, photographers, painters, writers, makers, and more, in a low-intensity social setting. Whether new to the city, a regular at AIGA or a seasoned professional getting back in the groove, the event encourages the community at large to network, relax and find out what the latest updates are in the design world. For questions or more information, email hello@aigajacksonville.org or visit the official website, www.jacksonville.aiga.org. Bog Brewing is known for its variety of classic beer styles, Belgian-inspired ales and Florida-inspired seasonals. Bog Brewing Co. is located at 218 W. King St., #220 in Saint Augustine.</p> <p>Thirsty Thursdays at Al's Pizza What's a better combination than pizza and beer? Every Thursday from open to close, Al's Pizza serves \$1.50 Yuengling Lager and house wines. Al's Pizza is located at 635 A1A N. in Ponte Vedra Beach.</p>	<p>A Very Swayze Valentine Celebrate Valentine's Day with Keg & Coin Feb. 14 while enjoying classic movies featuring one of the dreamiest actors from the 80's, the late Patrick Swayze, featuring special screenings of "Road House" and "Dirty Dancing." Cuddle with a Patrick Swayze cardboard cutout for photo opportunities and get the chance to participate in giveaways, with DJ Juanon spinning music to help attendees fall in love for the rest of their lives (or just for the night). Terrapin will also be attending with available merchandise and beer. For questions or more information, call Keg & Coin at (904) 388-0033. Keg & Coin guarantees "the time of your life." Keg & Coin is located at 1271 King St. in Jacksonville.</p> <p>Atlantic Beach community blood drive OneBlood is hosting a community blood drive in Atlantic Beach from 12:30 to 4 p.m., Feb. 14, in the "Bloodmobile." All donors will receive a free long-sleeve shirt for participating. For questions and more information, call OneBlood at 1 (888) 936-6283. The blood drive will take place in the Atlantic Beach City Hall parking lot, located at 800 Seminole Road in Atlantic Beach.</p> <p>Ponte Vedra Professional Networking Group meeting The Ponte Vedra Professional Networking Group schedules weekly meetings, Fridays, inside Fidelity Bank, where members network with each other and guests. Each member/guest will introduce themselves and one member will present about the businesses he/she represents. The next meeting is Feb. 14 at 8:45 a.m. Fidelity Bank is located at 110 A1A N. in Ponte Vedra Beach.</p> <p>Board & Brush's Valentine's Day workshop Skip the traditional Valentine's Day dinner and visit Board & Brush Ponte Vedra for a crafty Valentine's evening from 6:30 to 9:30 p.m., Feb. 14. Couples bring the wine. Board & Brush will bring instructions and materials. The location is also offering two projects for \$99 with the coupon code, BEMINE99. For questions or more information, call Board & Brush Ponte Vedra Beach at (904) 250-8466. Board & Brush is located at 840 A1A N., #150 in Ponte Vedra Beach.</p>	<p>Palms Presbyterian Church's Fine Arts Concert: UNF Chamber Singers The University of North Florida Chamber Singers serves as the main recruiting ensemble of UNF's Vocal Arts Department, offering diverse repertoire, student leadership and elevated music-making opportunities. This concert, hosted at the Palms Presbyterian Church Sanctuary at 7:30 p.m., Feb. 15, will feature guest conductor Rick Bjella; Holly Hammond, chorus master; Andrea Venet, vibraphone and Sunshine Simmons, clarinet. The concert is free and open to the community, with childcare provided. For questions and more information, call the church at (904) 246-6427. Palms Presbyterian Church is located at 3410 Third St. S. in Jacksonville Beach.</p> <p>Mardi Gras celebration The Ponte Vedra Concert Hall is hosting a Mardi Gras party from 6:30 to 10 p.m., Feb. 15. General admission cost is \$75 and includes live music and entertainment, specialty drinks, catering from Cajun Cravings 2 Go, Taqueria Cinco and Nothing Bundt Cakes, live and silent auctions, prizes and more. All proceeds will benefit the Jacksonville Children's Chorus. Guests must be 18 and older. To purchase tickets or for more information, visit www.904tix.com and search for "Mardi Gras Party." The Ponte Vedra Concert Hall is located at 1050 A1A N. in Ponte Vedra Beach.</p> <p>Girl Scout Cookies & Beer pairing Enjoy a childhood favorite with some adult beverages at Really Good Beer Stop's Girl Scout Cookies and Beer Pairing event, Feb. 15, from 4 to 7 p.m. Different Girl Scout Cookies will be paired with a selection of locally crafted beers. Tickets cost \$15 and includes the beer tasting, a box of Girl Scout Cookies, a pint of beer and a cookie. For tickets or more information, visit Really Good Beer Stop's official Facebook page and search for the "Girl Scout Cookies and Beer Pairing" event. Really Good Beer Stop is located at 323 10th Ave. N. in Jacksonville Beach.</p>	<p>Galentine's Day at The Closet Grab the girls and visit The Closet boutique in Saint Augustine for a day of pampering and shopping as a Galentine's Day celebration. The boutique will host a beauty pop-up with a braid bar and makeup services by 904 Braid Babe and Morgan Acosta. There will also be wine and cake pops, a balloon garland for photo opportunities from Aura Staging & Design, mini hand-wrapped bouquets, and 15% off purchases. For questions or more information, call The Closet at (904) 810-5699. The Closet boutique is located at 51 Cordova St. in Saint Augustine.</p> <p>Ukulele Club meet-up George's Music Jax Beach hosts monthly ukulele meet-ups for a chance to meet other "uke" enthusiasts, practice the instrument and jam out to some tunes. The group leader will help get things rolling and get everyone making some sweet uke music! The meet is from 3 to 4 p.m., Feb. 16. For questions or more information, call George's Music Jax Beach at (904) 270-2220. George's Music Jax Beach is located at 912 Third St. S. in Jacksonville Beach.</p> <p>Yoga in the Gardens Wellness nonprofit Harmony is hosting a yoga practice at the Jacksonville Arboretum & Gardens from 11 a.m. to noon, Feb. 16. Enjoy a stress-free morning in nature, quieting the mind, engaging the body and restoring the spirit. This is kid friendly family event. Refreshments and snacks will be provided. No mat? No problem Harmony has plenty to share. Just bring a friend and smile. For questions or more information about the event or nonprofit, call Harmony at (904) 401-5929. The Jacksonville Arboretum & Gardens are located at 1445 Millcoke Road in Jacksonville.</p> <p>Sundays at Surfer the Bar Join Big Fish Power Yoga on Sundays for a free Music & Flow class at Surfer the Bar. The class is held upstairs at the bar and runs from 10 to 11 a.m. every week. Bring friends and family and enjoy brunch and mimosas downstairs following class. Register at www.bigfishpoweryoga.com under the "classes" section. Surfer the Bar is located at 200 First St. in Jacksonville Beach.</p>

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Monday, Feb. 17	Tuesday, Feb. 18	Wednesday, Feb. 19	Thursday, Feb. 20
<p>Jack Broadbent with special guest, Jarrod Dickenson at Beaches Museum Chapel series Singer-songwriter Jack Broadbent will perform at the Beaches Museum Chapel in Jacksonville Beach, Feb. 17, as part of his cross-country North American tour, performing songs from his fifth and latest record "Moonshine Blue." Part of the Beaches Museum Chapel series, English bluesman is performing with opening act and special guest, Texas-born musician Jarrod Dickenson. For tickets and more information, visit www.beachesmuseum.org/events. The Beaches Museum is located at 381 Beach Blvd. in Jacksonville Beach.</p> <p>Run Club at Southern Swells Join Jax Beach Runners Monday nights at Southern Swells Brewing Co. for an evening run at 7 p.m. It is a 4.2-mile route, but runners can run as much as they'd like. After, enjoy \$1 Southern Swells beers for all who ran. For more information, visit the MeetUp page at www.meetup.com/Jax-Beach-Runners/. Southern Swells Brewing Co. is located at 1312 Beach Blvd. in Jacksonville Beach.</p> <p>MOSH Mondays Experience all of MOSH's exhibits, interactive programming, hands-on activities, special discounts and more on MOSH Mondays, hosted each Monday from 10 a.m. to 5 p.m. Promotions include buy-one-get-one-half-off admission for adults, a 10% discount on MOSH merchandise, memberships and birthday packages; additional screenings of "Molecularium" in the Bryan-Gooding Planetarium, scavenger hunts, interactive sessions and science shows with MOSH educators and more. For questions or more information, call Amy Chamberlin at (904) 396-6674 ext. 242 or email at achamberlin@themosh.org. The MOSH located at 1025 Museum Cir. in Jacksonville.</p> <p>Ponte Vedra Beach Conservative Women voting registration The Ponte Vedra Beach Conservative Women will conduct voter registrations at the Ponte Vedra Beach Post Office Mondays and Wednesdays from 10 a.m. to 2 p.m. Call (904) 705-5650 for more information. The Ponte Vedra Post Office is located at 130 Corridor Road in Ponte Vedra.</p>	<p>An Evening of Violin Classics University of North Florida Associate Professor Dr. Simon Shias and his violin students will present an evening of violin classics at the Ponte Vedra Beach Library, Feb. 18, at 6:30 p.m. The concert is presented as part of the Dr. Gerson Yessin Music Series. Dr. Shias also directs the university orchestra and has performed at Carnegie Hall in New York City. This concert is free and open to the public. Doors open at 6 p.m. For questions or more information, call the library at (904) 827-6950. The Ponte Vedra Beach Branch Library is located at 101 Library Blvd. in Ponte Vedra Beach.</p> <p>First Coast Newcomers Club card playing date The First Coast Newcomers Club will host its next card playing date at the Orange Park Library, Tuesday, Feb. 18. Arrive at 4:45 p.m. The card playing begins at 5 p.m. The event is open to the public. For the exact location, to join or for more information, contact the club organizer at (904) 814-9612.</p> <p>Android smartphone workshop For those who have mastered the basics of smartphones, join AARP from 1 to 2:30 p.m., Feb. 18, at Balis Community Center for a free intermediate workshop on how to get the most from Android phones. Participants will get hands-on experience with Android phones and a free touchscreen stylus pen. Topics include using maps, voice dictation, editing and sharing photos and security tips for protecting one's device. Devices provided for practice in these workshops will be Moto G Android Smartphones. Click the "Find Tickets" button to reserve your seat. For questions or information on how to register for the event, call 1 (866) 740-6947. Balis Community Center is located at 1513 Lasalle St. in Jacksonville.</p> <p>Men's Over 40 Basketball This active recreational group meets at the Palms Presbyterian Church gym (Fellowship Hall), Tuesdays at 6 p.m., for exercise and fellowship. The group is open to all who want to play some ball. For more information, call Paul Short at (904) 626-5305. Palms Presbyterian Church is located at 3410 Third St. S. in Jacksonville Beach.</p>	<p>Family fishing Join St. Johns County Parks and Recreation for a hands-on, family fishing series from 4 to 5:30 p.m., Wednesday, Feb. 19, at Vaill Point Park in Saint Augustine. All children must be at least 5 years or older and must be accompanied by an adult for the duration of the program. This program is open and free to the public. All attendees must register for the event online at the St. Johns County Parks & Rec CivicRec website that can be found at www.sjcfl.us/CountyNaturalist. For questions or more information, email Kelly Ussia at kussia@sjcfl.us or call (904) 209-0335. Vaill Point Park is located at 630 Vaill Point Road in Saint Augustine.</p> <p>Relief for lower back pain and sciatica Join John Goetze Physical Therapy Beaches and Innovative Physical Therapy from 6:30 to 7:30 p.m., Feb. 19, for a free interactive workshop presented by JGPTB's own Kate Kampfe PT DPT CIDN FMT. Learn tips for getting relief from low back pain and sciatica! Snacks will be provided. To register or for more information, call (904) 280-2001. John Goetze Physical Therapy Beaches is located at 1400 Marsh Landing Pkwy., #112 in Jacksonville Beach.</p> <p>Family Bingo at Trasca & Co. Eatery Join Trasca & Co. Eatery for a family-fun evening, Wednesdays, starting at 6 p.m. The restaurant will be hosting family bingo featuring pizza specials, craft beer specials and tons of fun. Bingo starts at 6 and runs until 8 p.m. Trasca & Co Eatery is located at 155 Tourside Drive in Ponte Vedra Beach.</p> <p>Peace & meditation The Center for Spiritual Living in Saint Augustine is hosting weekly silent meditations, Wednesdays, starting at 6 p.m. This is an opportunity to join with others in affirming peace in the world and in individual lives. Diana Ambrose is leading the session and holds a silent meditation with a brief prayer in the beginning and end of the meditation. For questions or more information, email dianabythewater@yahoo.com. The Center for Spiritual Living is located at 1795 Old Moultrie Road in Saint Augustine.</p>	<p>Torah & Tea Join fellow Jewish women for camaraderie and refreshments as they meet for "Torah & Tea," Thursday mornings at 9 a.m. This weekly study group finds relevant messages from issues discussed in the Weekly Torah portion. Reservations can be made by contacting Leah Kurinsky at lkurinsky@gmail.com or (904) 543-9301. Torah and Tea meets at Chabad at the Beaches, located at 521 A1A N. in Ponte Vedra Beach.</p> <p>Project Common Grounds: A Deliberative Dialogue Palms Presbyterian Church presents Project Common Grounds, a series of public forums where people in the community can join and partake in deliberative dialogue to resolve problems affecting the Beaches community. Discussion topics include issues such as immigration, media regulation, sea level rise, mental health and violence prevention. The next forum is Feb. 20, from 6 to 8:30 p.m., at Palms Presbyterian Church. The forum's topic for Feb. 20 is "Health Care: How can we bring costs down while getting the care we need?" For questions or to RSVP, email commongrounds@palmschurch.org. Light refreshments and food will be provided. Palms Presbyterian Church is located at 3410 Third St. S. in Jacksonville Beach.</p> <p>HEAL gala & fundraiser Enjoy an open bar, light dinner, live music and dancing at the HEAL Gala at 6:30 p.m., Feb. 20, at the Ponte Vedra Inn & Club. Tickets are \$150, with proceeds going back to the HEAL Foundation, "Helping Enrich Autistic Lives." This is the nonprofits' largest fundraiser of the year. For tickets or more information, call (904) 716-4198 or visit www.healautismnow.org/events. The Ponte Vedra Inn & Club is located at 200 Ponte Vedra Blvd. in Ponte Vedra Beach.</p> <p>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to Daniela@opcfla.com or call (904) 686-3939.</p> <p style="text-align: right;">Compiled by Daniela Toporek</p>

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Are you ready to downsize?



Marsha Keller
Guest Columnist

Are you an “empty nester” wondering why you need all that square footage? It is true that baby boomers are healthier and are thus working and living longer, are they also staying in their home permanently? “Although seniors appear to be delaying downsizing until later in life, as a group, households

65 and over are still downsizing at roughly the same rate as in years past.” — Trulia

As the baby-boomer generation ages, many homeowners are considering making a move to a smaller home. But not for the same reason as in past generations. With a healthier generation a smaller home means less maintenance and more time to travel, pursue a new hobby or spend time with family.

If you’re ready to make a move, here are some downsizing tips:

Have a plan. Think about what kind of lifestyle you want. Do you want a home with lawn care or a condo that you can lock and leave? Do you want to be part of a community that offers lots of activities and amenities such as golf courses and swimming pools? Do you want to save money so you can travel more? Not sure what neighborhood fits your needs the best? This is where a Senior Real Estate Specialist can help filter the options. If you’ve lived in the beaches area and don’t want

to leave, use a Senior Real Estate Specialist from this area, they can help you navigate thru the many new neighborhoods and existing neighborhoods near the coast. These neighborhoods can provide an active lifestyle while convenient to all your favorite shops, restaurants and friends.

Organizing for your move. You’re not sure what to do with all your “stuff.” This is another item a SRES can help you conquer. They can help you break the move down into multiple steps. They have contacts with organizations designed specifically to help people downsize. You will begin by sorting through your items and putting them into categories. You can label them “save,” “donate” or “sell.” We can also assist you with the items you no longer need. You might not be positive all the items will fit in your new home and this is where we can assist you in space planning your new place.

You have worked hard your entire life and now it is time to enjoy the fruits of your labor.

Turn to people that can help the next stage of your life go smoothly.

Marsha Keller - GRI, SRES, e-Pro, and Nocatee Certified Broker Associate, The Lisa Barton Team

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Senior downsizing program offers support for rightsizing transitions

Berkshire Hathaway HomeServices Florida Network Realty has developed a program to assist downsizing homeowners and is offering free educational seminars to help seniors and their families navigate lifestyle transitions.

The Essential Steps of Downsizing seminar is scheduled from 11:30 a.m. to 12:30 p.m., Saturday, Feb. 22, at the Active After 50 Expo at the St. Augustine Outlets mall.

The free Active After 50 Expo, presented by Berkshire Hathaway Home Services in association with Lifestyle Events Management, will feature more than 60 exhibitors highlighting health, fitness, nutrition and other senior lifestyle topics. Baby Boomers, seniors, caregivers, family members and professionals who serve the senior community are welcome to attend. To register for the seminar, visit seniordownsizingseminar.eventbrite.com.

Future dates of Berkshire Hathaway HomeServices Florida Network Realty's The Essential Steps of Downsizing seminar include March 21 at the University of North Florida and June 6 at Ponte Vedra High School. The company also has an ongoing support group that meets monthly on the fourth Friday at

The Allegro, St. Augustine.

"For many, there comes a time when the lifestyle that used to fit them so perfectly no longer does and they need assistance moving forward with a plan that's better suited for their way of life," said Berkshire Hathaway HomeServices Florida Network Realty President and CEO Christy Budnick. "We have a team of dedicated and trusted advisors and our firm offers the services and support to help downsizing seniors make a smooth transition."

The company's Realtors provide access to state-of-the-art technology and marketing tools with the highest amount of representation and fiduciary responsibility. In addition to helping clients find a new home, the company's team has the connections and resources to assist with downsizing belongings, household repairs, moving services, legal services and more.

For more information about the Senior Downsizing Program, email Linda Lindenmoyer at Linda.Lindenmoyer@FloridaNetworkRealty.com or call (904) 672-4350. For more information about Berkshire Hathaway HomeServices Florida Network Realty, visit www.FloridaNetworkRealty.com.



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Leave your mark: Business execs, boomers, seniors turn to professional biography writers to record life's successes

E.L. "Ed" Wilks has long believed that everyone should have their life story written in a book for their family. That idea was the premise in 1999 for Wilks to start his biography firm, Legacies & Memories. More than 20 years later, he and his team are still writing and producing books for executives, entrepreneurs, baby boomers, seniors, retirees and others. For some, Legacies & Memories also publishes their book.

"Even if your life story isn't the type of story that should be published and made available for sale, I believe you should still have it written to preserve for your family," Wilks said. "Stories help keep families connected for generations."

Wilks' first client, who was 75 years old at the time, said she wished her parents or grandparents had written their life stories. Her own children were thrilled when she presented her completed book to them.

Another of Wilks' clients, a 68-year-old entrepreneur, said he worked a year-and-a-half writing his life story, but had only about 25 pages to show for it. So, he stopped writing and commissioned Legacies & Memories to write his biography because he said, otherwise, his story might never get written.

Lowell and Nancy Lohman's biography, "The Lohman Way," which was written and published by Legacies & Memories, tells the story of their family and how they created or built family businesses totaling more than \$250 million in value. They had the book written for their family and to share what they learned so it might "help others start and operate successful family businesses," Nancy Lohman said. Now they get repeated requests to give speeches about their business success. "The book has been the catalyst for all of that," Lowell Lohman said.

Clients of Legacies & Memories don't have to do any writing, but Wilks said everyone seems to love reminiscing during interviews to gather their stories. The firm, he said, provides a highly personalized, turnkey service to write and edit an original manuscript, and produce customized books in paperback or hardcover in any quantity. Commissioning a biography ranges from \$6,800 to \$59,000. Numerous copies of the book are included.

The firm has written and produced biographies for many successful entrepreneurs, executives and retirees from a wide variety of industries: real estate, insurance, oil and gas, fashion modeling, manufacturing, funeral and cemetery, education, banking and more. A few of their books' titles include "To Win in Business... Bet on the Jockey," "DRIVEN," "The First 80 Years: The Cary M. Maguire Story," "The Harder You Work,

The Luckier You Become: The Bernie Simpkins Story," and "Mary Jo... Tells It Like It Is."

Legacies & Memories is based in St. Augustine and works with clients anywhere in the United States including Florida cities such as Palm Beach, Sarasota, Daytona Beach, Cocoa, Jacksonville and Ormond Beach. Others have been in Dallas; Norfolk, Virginia; and Oklahoma City.

ABOUT LEGACIES & MEMORIES

Founded in 1999, Legacies & Memories is an award-winning boutique biography firm writing and preserving stories for families, for businesses, or to publish. Legacies & Memories also provides traditional publishing and co-publishing for select writers working in most genres. To learn more, visit LegaciesandMemories.com or call (904) 293-9893.

10 tips for writing your life story

By E.L. "Ed" Wilks

LegaciesandMemories.com

1. Determine the primary purpose for writing the book. Are you writing it to preserve the story for your family and future generations? For personal healing and coping — and not to be read by anyone else? Preserving the story of your business? Are you writing your story to publish and sell? Whatever your reason, you should have a clear purpose to keep in mind as you write. Also, the story should be written differently if it is to be published and sold to a general audience as opposed to writing for family members.

2. Determine the scope of the book. Is it a complete life history or will you cover only one aspect of your life, your family or your career? Will you be writing about a specific event or series of events in your life? For example, your time in the military. Focusing on one aspect of your life would mean you are writing a memoir rather than an autobiography. Regardless, it's a good idea to think about the scope of the book before you begin.

3. Determine whether you will interview others. Do you want your book to be only about your remembrances, reflections

and thoughts? Or, do you want to ask other family members or associates about stories and events they shared with you?

4. Determine whether you will conduct research. Will you write strictly from memory or do you need to research some of the places, events and people in your story?

5. Add historical context to your story. Relate your life and your family's life within the context of historical events or changes. For example, the Great Depression; wars; changes in technology; social, cultural, and economic changes, etc. Write about how the way of life was affected by these changes.

6. Make your story more than just a list of facts. Think about — and describe — places, people and personalities. Include your feelings, emotions and attitudes. Also, include dialogue when possible.

7. Be sure your story has a strong beginning, middle and end. Any good story grabs attention early and pulls the reader into it so he or she will want to read more. You don't have to write your life story in chronological order. Write so the story flows and so the beginning, middle and end are tied together.



Photo provided by metrocreativeconnection.com

8. Think of including items other than photos. Recipes, awards, report cards, resumes, excerpts of newspaper articles about you and your family, and letters you have written are all examples that could be included in your book if they add to or help tell the story. The purpose for writing the story, for family or business or to publish and sell, will help determine items to be included.

9. Have a professional edit your manuscript. Every writer, whether inex-

perienced or professional, needs an editor.

10. Be aware of the lifespan of your story. Make sure the paper on which you print your life story or memoir is acid-free and archival quality. Be sure the type of printing method used will stand the test of time. A life story is usually written so it can be passed down to children, grandchildren and future generations. Also, be sure the cover and type of binding you use will last, whether the back is bound as a paperback, in hardcover, or in leather.

Pets

Continued from 19

a feeling of purpose.

■ **Altered focus:** Having a pet can help seniors focus on something other than physical or mental health issues and

preoccupations about loss or aging, according to New York-based psychologist Penny B. Donnenfeld.

■ **Increased physical activity:** Pets require care, and that interaction can get seniors moving more than if they didn't have a pet.

■ **Improved health:** Ongoing research

from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don't own a dog.

■ **Stick to routine:** Caring for pets helps seniors maintain a routine. Having structure after retirement can be

important to ward off risk of depression. Staying on top of feeding, grooming and other pet needs also can help prevent cognitive decline.

Pets bring many benefits to their owners' lives, and they may be the perfect remedy for seniors looking for a friend and purpose.

The Ponte Vedra Recorder has a new garden columnist, Kathy Esfahani, of Kathy's Creative Gardens & Nursery. Read her column for valuable gorgeous-garden-growing tips in Northeast Florida.

KATHY'S GARDENING GUIDE

Love is in the garden! Happy Valentine's Day!



"He who plants a garden plants happiness." — Chinese proverb

A great way to add color and variety to your landscaping is a combination of annuals and perennials. If you ask me, both are needed in your garden.

Kathy Esfahani
Columnist

ANNUALS:

■ Annuals are temporary season to season.

■ They exert their energy unconditionally with consistent vibrant colors until their season ends and will not grow back.

■ Choose two to three places in your garden you would like to enjoy the beautiful array of constant color, and that can be changed out with each passing season.

■ Most popular areas for planting - front door, near street or mailbox and back patio areas where you relax.

■ Creating "special" annual beds with good, soft #3 mix topsoil aids in manageable replacement once their season is over. (annuals last 3-6 months, changing seasonally 2-3 times per year)

■ Annuals are most often used in planters as well.



Photo provided by Kathy Esfahani

■ Annuals recommended to plant now: Petunia, Dusty Miller, Pansy, Snapdragon

PERENNIALS:

■ Perennials last indefinitely. Most of them bloom in and out of color but do not give the constant vibrant color of annuals.

■ Many perennials die down in the winter and tend to look dead, but they are not. Wait until spring and they will just need pruning. Prune off dead stems and wait for them to re-appear.

■ Perennials should be about 90-95% of your landscaping as they grow back and bloom. However, this is why you need to incorporate both in landscaping to give extra color in those die down months. Annuals should only be about 5-10% of your landscaping due to time, effort and repeat expense.

■ Perennials recommended to plant now: Blue Daze, Foxtail Fern, Geranium, Drift Roses

Flower of the Week: Knockout Roses

Knockout roses and drift roses (dwarf knockout roses) are great in 9A zone. Their bloom cycle is every 5-6 weeks and they are relatively easy to grow. Very disease resistant is a great appeal to many people and they add beautiful perennial color to your gardens!

Please email Kathy at kcg.pvr@gmail.com for any questions or gardening tips you would like to see in the future.

Kathy's Creative Gardens & Nursery
196 N. Roscoe Blvd., (904) 655-7373

1	2	3	4	5		6	7	8		9	10	11	12	
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65							66	67			68			
69							70				71			
72							73				74			

THEME: BLACK HISTORY MONTH

ACROSS

- 1. Sell illegally
- 6. Crime scene evidence
- 9. "From California to the New York Island," e.g.
- 13. Berth deck in relation to poop deck
- 14. Poetic over
- 15. Chocolate cake ingredient
- 16. Like Solitaire player
- 17. Go a-courting
- 18. Packing
- 19. "Go Tell It on the Mountain" author
- 21. *South Africa's first black president
- 23. Bag, à Paris
- 24. Schooner pole
- 25. #1 on Billboards Chart, e.g.
- 28. One way to memorize
- 30. *Civil rights activist and Ferguson opponent
- 35. Single pip cards
- 37. Give a shot of novocaine
- 39. Call forth
- 40. Long John Silver's walk
- 41. Sauna product
- 43. Dashing style
- 44. Pariah, for medical reasons
- 46. Back arrow key
- 47. As opposed to gross
- 48. Kane and Goldberg, TV characters
- 50. Georgia _____ university
- 52. Poseidon's domain

- 53. MXN, as in currency
- 55. Snowman Olaf's favorite thing
- 57. *2019 eponymous movie character
- 61. Errand runner, at court
- 65. Matter of debate
- 66. Harry Potter's Hedwig
- 68. Ineffectual vomiting
- 69. Giblets part
- 70. *Famous movie director, Spike
- 71. Ruhr's industrial center
- 72. Played at military funerals
- 73. Flow alternative
- 74. Nostradamus and such

DOWN

- 1. Hunk of something
- 2. Flavored with kola nuts
- 3. Absent without leave
- 4. Gives a helping hand
- 5. Antebellum
- 6. Pillow filler
- 7. _____colonial or _____classical
- 8. Oven emanation?
- 9. Lady's man
- 10. Ne plus ultra
- 11. Famous Coward
- 12. Man Ray's genre
- 15. Back of a saddle
- 20. Popular Byzantine artwork
- 22. Nile viper
- 24. Reminder of times past
- 25. *First African American to win Best Actress Oscar

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

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.

- 26. More slippery
- 27. Allegro and lento, in music
- 29. *Nobel Peace Prize laureate, 1984
- 31. Like fair share
- 32. Arch and ball location, pl.
- 33. *On Debi Thomas' foot when she won Olympic medal
- 34. Busybody, in Yiddish
- 36. Work detail
- 38. Bid, past tense
- 42. Coffee shop order
- 45. D'Artagnan's weapon of choice
- 49. Get the picture
- 51. *Harlem Renaissance poet
- 54. Fur shawl
- 56. Canada flyers
- 57. Handle of #45 Down
- 58. Most populous continent
- 59. Invitation request
- 60. Regrets
- 61. Commoner
- 62. Diamond's corner
- 63. Walkie-talkie word
- 64. Japanese money, pl.
- 67. *Du Bois

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Photo provided by Elite Care Counseling

Meredith Kreis, Janet Kreis and Kelly Kreis

New company provides personalized guidance in choosing assisted living facility

Ponte Vedra residents recently announced the launch of Elite Care Consulting, a company to provide local, free personalized senior care placement services to fully screened and approved community partners and senior living communities.

Elite Care Consulting is family owned and operated with more than 30 years of combined experience working in the senior living industry in Northeast Florida. Owner Janet Kreis, along with two of her daughters, felt their knowledge and experience would benefit local families looking for the right long-term care or assisted living facility.

"We love being a trusted local resource that is fully committed to helping other families in our community find the right senior living community," Janet Kreis said. "All too often families are confronted with the overwhelming situation of having to find a senior living community for themselves or a loved one. We want to help simplify their search and reduce frustration with our free personalized services."

Elite Care Consulting sets itself apart from other senior living consultation services in several ways. First and foremost, the company meets personally with clients to ensure their needs are understood and their questions are answered. Family Care Advisors conduct in-person tours and assessments of every community they refer their clients to and ensure each facility is also licensed by the state of Florida, an assurance of high standards and trust.

Local residents have already benefited from the expertise of Elite Care Consulting. "We were so thankful to have discovered Elite Care Consulting when it came time to place mom in Assisted Living," Arlene Bonner said. "I am so grateful for Meredith Kreis and Elite Care Consulting for completely taking over in finding Mom Bonner a new assisted living home to fit her personal needs and lifestyle. I am so thankful that you, in such a hard place in life, were so helpful and gracious in your assistance."

Visit www.EliteCareConsulting.org for more information.

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Business Weekly

PAGE 29 THURSDAY, FEBRUARY 13, 2020

www.PonteVedraRecorder.com

Column: Give the gift of financial protection for Valentine's Day

Page 31

Chamber's EDC Breakfast keynote topic focuses on Nocatee

PARC Group Community Development Director Maurice "Mo" Rudolph discussed the impact the Nocatee community has had upon St. Johns County and the Northeast Florida region at a St. Johns County Chamber of Commerce Economic Development Council meeting Jan. 31.

Addressing a full ballroom at the Renaissance Resort at the World Golf Village, Rudolph shared his insights relating to the continued success of the Nocatee community and development throughout St. Johns County. The fourth best-selling community for the last decade, Nocatee has become a competitor in the national home market, Rudolph said. He contributed Nocatee's success to a strong collaboration between St. Johns County government, local builders, real estate agents, financial institutions and other related businesses.

Rudolph announced the PARC Group's plans to complete an extension of Pine Island Road connecting Nocatee to U.S. 1 in the second quarter of 2021. A new K-8 school is also planned to be completed in the second quarter of 2021 and open for the 2021-2022 school year. He also discussed commercial development in the Nocatee community, including the new Park Place One at Nocatee office complex by

EDC continues on Page 32



St. Johns County Chamber of Commerce President Isabelle Renault (from left), PARC Group Community Development Director Maurice "Mo" Rudolph, Advanced Disposal VP of Marketing and Communications Mark Nighbor, owner of Ponte Wellness Center Dr. Erika Hamer and U.S. Rep. John Rutherford.



LEFT: THE PLAYERS Executive Director Jared Rice (from left), Jessica Evans, Regions senior VP Commercial Banking and Ashley Szczukowski, business development manager for Marand Builders.

BELOW: Jennifer Jamack and Rachel Berry, of Flagler Hospital.

Photos by Susan Griffin



Rudolph and Randy Bradley, VP of Northrop Grumman and upcoming EDC keynote speaker.



Photo provided by Sawgrass Country Club

C.W. Cook, general manager of Sawgrass Country Club (left) and Fritz Skeen, president of the Sawgrass Country Club Board of Governors.

Sawgrass Country Club president earns President of the Year award

Sawgrass Country Club, a private member-owned club in Ponte Vedra Beach, recently announced Fritz Skeen, president of Sawgrass Country Club has been awarded President of the Year, as determined by the annual Distinguished Clubs award program conducted by BoardRoom magazine, a trade

publication serving private clubs.

Sawgrass was awarded Distinguished Club status in 2017. Distinguished Club status is the preeminent standard-bearing distinction of excellence in the private club industry.

SAWGRASS continues on Page 32

SECURE Act and 529 Savings Plans



Ric Schilling
Columnist

Before discussing the impact of the SECURE Act on 529 Savings Plans, I want to comment briefly on the Coronavirus outbreak and its impact on world markets recently.

As you know, this virus started in China but has spread

to some other countries as millions of people travel between countries every day. To date, there is no vaccine for the virus although a number of pharmaceutical companies and various government agencies are working diligently to develop one. So, for the time being, we are all urged to be particularly rigorous in washing our hands and taking other preventative measures. The financial markets have reacted to this situation by selling off, expecting a slowdown in China's economy and the growing concern to impact consumer spending. I believe that a cautious perspective in the face of this threat is wise but hope that we don't turn a measured concern into a global panic. Panics are hard to stop once they start and are driven far more by emotion (fear) than by logic. Hopefully the combination of everyone taking precautions and the development of a working vaccine can arrest the spread of this virus soon. Stay informed but don't panic.

Turning to the SECURE Act (the new tax law passed in late December), there are several provisions included which positively impact 529 Savings Plans. You may recall that these plans were created some years ago to encourage saving for college by allowing people to shelter the income earned in such plans from both Federal and state income tax and the distributions to be tax free as long as the funds were used for higher education. A couple of years ago, Congress expanded the program by permitting the funds to be used for any formal education, from pre-kindergarten through graduate school, either public or private. Now, Congress has expanded the program again to permit the use of 529 funds to pay off student debt (up to \$10,000) and to funds appren-

SCHILLING continues on Page 32

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LOVE YOUR SMILE: Who's Who in Dentistry

How to encourage kids to take care of their teeth

Parents of young children know getting kids to brush their teeth can sometimes feel like pulling teeth. Kids have a long history of disliking dental care, which can frustrate parents who know the importance and long-lasting benefits of proper dental hygiene. While many youngsters may never excitedly run to the bathroom to brush their teeth, parents can try various approaches to get kids to embrace proper dental care.

- **Start early.** Parents should not hesitate to begin cleaning kids' teeth once the first tooth appears. The earlier dental care is part of a child's routine, the more likely he or she is to accept it as part of everyday life. The American Academy of Pediatric Dentistry recommends using a soft-bristled brush with a small head. Ideally, use a toothbrush designed for infants, brushing teeth once per day at bedtime. The AAPD advises taking kids to visit a pediatric dentist when the first tooth appears, or no later than the child's first birthday.

- **Make it a group effort.** Young children love to imitate their parents' actions

and behaviors, and moms and dads can use that adoration to their advantage when trying to get kids to brush their teeth. Brush teeth together as a family, making it seem like an enjoyable twice-daily activity. Get down on kids' level and show them how to brush. If kids are resistant, engage them in conversation while brushing so they don't even realize they're cleaning away.

- **Involve kids in choosing their dental care products.** While parents should be mindful of the type of toothbrush their children use, always sticking with products recommended by their child's pediatric dentist, let youngsters choose their toothbrush and toothpaste. Kids might prefer a particular flavor of toothpaste, and a colorful toothbrush with a favorite film or television character might make kids more enthusiastic and less fussy about brushing.

- **Compliment kids after positive dental appointments.** When pediatric dentist appointments go well, compliment children and express your pride in them for taking dental hygiene as seriously as they do.

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Source: *Real Value of
Joining a Local Chamber of
Commerce*
Shapiro Group, 2012.

Happy Valentine's Day

Love your pets on Valentine's Day, too

Tips for keeping them safe on holiday

Valentine's Day can be a joyous holiday, but the day of love can bring safety risks for pets.

Clay Humane, a nonprofit animal clinic in Orange Park, has published a list of tips warning pet owners of some of those risks.

"While Feb. 14 is a great time to celebrate love for our family, friends and pets, we have to remember some of the things we enjoy are dangerous for animals," Clay Humane Senior Staff Veterinarian Christian Broadhurst said. "Luckily, with a few simple precautions, we can keep our beloved furry family members safe during Valentine's Day."

TIPS INCLUDE:

Keep chocolate and candy away from your pets: Just 3 ounces of baking chocolate can kill a 15-pound dog. Xylitol, an ingredient often used as a sugar substitute in many candies, is also extremely dangerous for pets. Keep all chocolate and candy away from dogs and cats.

Avoid certain flowers:

A variety of plants, including lilies, azaleas, oleander and rhododendron are also poisonous for pets. Keep your pets away from any flowers and plants to be safe.

Watch thorns on roses: Roses are a very popular Valentine's Day gift but the thorns on the flowers can hurt dogs and cats. Thorns can cause cuts on pets' paws and in their mouths. If swallowed, they can also lead to stomach issues.

Keep an eye on flames: While candles are popular on Valentine's Day, pets can easily burn themselves or knock over candles, causing fires. Make sure all candles are out of reach of pets.

"Valentine's Day is a great opportunity to celebrate your love for your pet," Broadhurst said. "Try giving your pet a toy or treat made for animals to ensure it is a healthy and happy holiday for both of you."



Financial protection can be a great Valentine's Day Gift



Karsten Jacobson
Columnist

On Valentine's Day, you can give your spouse or life partner a traditional gift such as candy or flowers. But once you've done that, why not think about something that can provide longer-lasting benefits for your loved one?

Specifically, think about ways to provide a lifetime of financial protection.

You can do this in several ways, including:

■ **Protection while you're alive:** As you know, it's usually necessary for both partners or spouses to work to maintain a household — so if your income were to disappear, even temporarily, it could present a big problem. Your current employer could offer disability income insurance as an employee benefit, but it might not be enough for your needs, so you may want to consider purchasing

your own policy. Keep in mind, though, that disability coverage typically only lasts for a few years, and, in any case, probably won't completely replace your income. Consequently, it's a good idea to build up your financial resources in other ways, so contribute as much as you can afford to your 401(k) and IRA during your working years. If you do become disabled, it may be possible for you to tap into these funds without incurring a tax penalty, though regular taxes may still be due.

■ **Protection if you need care:** If you were ever to need some type of long-term care, such as an extended stay in a nursing home or the services of a home health care worker, you might find the costs to be considerable — and possibly a severe burden on your spouse or partner. In fact, the average cost for a private room in a nursing home is about \$100,000 per year, while a home health

JACOBSON continues on Page 32

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Schilling

Continued from 29

ticsships. Also included is a provision that permits the use of funds to pay off the student debt of the beneficiary's siblings up to \$10,000 each. I suggest you read the article in the link below, which describes the changes in some detail.

One of the criticisms of 529 plans has been that money can get trapped in the plan, i.e., cannot be used for education purposes (or is not fully required for that purpose) and will be fully taxed if used for anything else. I believe the changes made more recently address those concerns directly and make these plans far more attractive than was the case previously. Whether you are a parent or a grandparent of children, you may want to take a renewed look at 529 plans — they are a much better and more flexible way of funding almost any level of education than they were initially.

Source: www.nytimes.com/2020/01/10/your-

money/529-college-savings-accounts.html

Frederic "Ric" Schilling is a Florida native, born in Jacksonville, Fl. Ric is President and founder 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. Ric Schilling is a Certified Financial Fiduciary (CFF). You may contact Ric at 904-371-3302 or 888-891-3381. Please visit: www.seniorguardian.com

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MAINSTREAM BOUTIQUE REBRANDS



As of Oct. 1, Mainstream Boutique underwent a rebranding which tripled their inventory at the Ponte Vedra Beach location. Shortly afterward, on Jan. 17-18, the boutique held a grand reopening, featuring free gift bags to attendees as well as a chance to meet celebrity stylist, George Brescia. The store now features broad, multi-generational fashion which is tailored by the store to fit individual body, skin and hair style needs.

Photo by Ed Johnson

EDC

Continued from 29

VanTrust and a third office building on the west side of Nocatee Parkway.

Chamber President and CEO Isabelle Renault said, "Nocatee is changing at a rapid pace and it was time for the Chamber to provide an update to its members. Mo's presentation was informative and gave our members a good perspective on the continued growth in St. Johns County.

His presentation was made available for review by our EDC members in the Member Information Center of our website under Resources."

Randy Bradley, vice president, Northrop Grumman will provide the keynote speech at the next Economic Development Council Quarterly Breakfast on April 17.

To find out more about the St. Johns County Chamber of Commerce or to become a member visit www.sjchamber.com or call (904) 829-5681.

Sawgrass

Continued from 29

"We'd like to congratulate Sawgrass Country Club President, Fritz Skeen for earning President of the Year status," said John Fornaro, publisher of BoardRoom magazine, "Special recognition also goes out to General Manager C.W. Cook and the entire leadership team for nominating Mr. Skeen for this prestigious award."

As defined by Distinguished Clubs, "member experience" is a unique combination of "qualities" that a private club

provides its members. It is not just the quality of service, or the facilities, or the product offered, it is also the quality of the staff, management and the overall club governance they deliver.

"Our entire staff is committed to providing a quality experience for every member," Cook said. "We are very proud to announce our Club President, Fritz Skeen, has been awarded Club President of the Year by the BoardRoom magazine Distinguished Clubs of America. This further establishes Sawgrass Country Club as the premier private club in Northeast Florida."

Jacobson

Continued from 31

aide costs about \$50,000 per year, according to Genworth, an insurance company. And Medicare typically pays only a small percentage of these expenses. To protect your spouse or partner — not to mention your grown children — from possibly having to deal with these costs, you might consider purchasing long-term care insurance. As an alternative, you could purchase a "hybrid" policy that combines long-term care benefits with those offered by a traditional life insurance policy. So, if you never needed long-term care, your policy would pay a death benefit to your spouse or partner or another beneficiary you've named.

■ **Protection when you're gone:** If you were to pass away, would your spouse or partner have the financial resources to continue the same lifestyle, pay the mortgage or, if you have children, provide for their

education? If the answer is no, then you need to maintain adequate life insurance. How much is enough? There's no one right answer for everyone. You might hear that you need a death benefit that's worth seven or eight times your annual income, but the actual amount should be based on a variety of factors — your age, size of family, current income, spouse or partner's income, and so on. A financial professional can help you determine the appropriate amount of coverage.

Valentine's Day is just one day on the calendar. But if it serves as another reminder of how much you value your spouse or partner and spurs you into action to protect her or him throughout your lifetime — and beyond — then it will be an important day indeed.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Karsten L. Jacobson, CFP®, is a financial advisor for Edward Jones at 2208 Sawgrass Village Drive in Ponte Vedra Beach. (904) 285-9898.

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Rotary, Recorder seek nominations for 28th annual Local Heroes Awards

The Rotary Club of Ponte Vedra Beach and the Ponte Vedra Recorder are seeking nominations for the 28th annual Local Heroes Awards.

Presented each year, the Local Heroes Awards recognize individuals who give back to the community and reflect the spirit of the Rotary Club's motto, "Service Above Self." From volunteering with local charities to giving back through the arts, education, environmental protection activities and more, the Rotary Club of Ponte Vedra Beach and Recorder seek to

recognize the "unsung heroes" who make Ponte Vedra such a special place to live, work and raise a family.

Residents who know of an individual they believe is deserving of recognition as a Local Hero are encouraged to complete the nomination form on this page and email it to Rotarian Ken Smith at lksmith59@yahoo.com.

Nomination forms may also be mailed to: Local Heroes Awards Committee, Rotary Club of Ponte Vedra Beach, P.O. Box 70, Ponte Vedra Beach, FL

32004. To submit a nomination online, visit pvbrotary.org and click on the "Nominate a Local Hero" link on the home page.

The deadline for submission of nominations is Thursday, Feb. 20.

Award recipients will be recognized at the Local Heroes Awards reception to be held Thursday, April 2 at Christ Episcopal Church.

For more information, contact Rotarian Ken Smith at (904) 710-7702 or lksmith59@yahoo.com.



The Rotary Club of Ponte Vedra Beach

in cooperation with **The Ponte Vedra Recorder**

2020 Local Heroes Awards *Nomination Form*

Nominate your friend, neighbor or colleague for the Local Heroes Awards recognizing individuals who give back to the community!

Complete and return this form, or submit your nomination online at: pvbrotary.org

Nominee Information:

Name: _____

Address: _____

Email address: _____ Telephone: _____

Nominee's contributions to the community (attach additional pages as needed):

Nomination Submitted By:

Name: _____

Address: _____

Email address: _____ Telephone: _____

Nomination Deadline: Thursday, Feb. 20, 2020
Email entries to: lksmith59@yahoo.com
or mail to: Local Heroes Awards Committee Rotary Club of Ponte Vedra Beach
P.O. Box 70, Ponte Vedra Beach, FL 32004

Thank you for your nomination!
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Jack Broadbent to perform in Beaches Museum Chapel series

By Daniela Toporek

Singer-songwriter Jack Broadbent will perform at the Beaches Museum Chapel in Jacksonville Beach on Feb. 17 as part of his cross-country North American tour, performing songs from his fifth and latest record “Moonshine Blue.”

“The young English slide-guitar bluesman has it all,” said Jeff Spevak, 30-year Rochester, New York arts reporter, who saw Broadbent play at the Xerox Rochester International Jazz Festival. “The songs, the gruff-to-caterwauling voice, the out-of-the-mainstream look and a guitar style best described as ruthless.”

Broadbent was named “the new master of the slide guitar” by the Montreux Jazz Festival and has been mastering his craft since early childhood with his father, musician Micky Broadbent, who played alongside U.K. vocalist Bram Tchaikovsky during the late ’70s and early ’80s.

“Being brought up with guitars all along the wall and going to shows, it was definitely inspiring,” said Broadbent, while sitting in an Applebee’s, taking a break for lunch. “Seeing my dad up there and all the people in the audience, I knew I wanted to do the same and create music that will impact people and make them happy.”

The album, “Moonshine Blue,” created half in Nashville, half in Montreal, is an ode to Broadbent’s travels, with songs inspired by life on the road.

“If” depicts a “broken man” who must venture out in the world to find a breakthrough. “If you’re leaving, where you going? I hope you’re searching for yourself out there,” Broadbent sings in the upbeat track.

The album blends the sounds of blues and folk with subtle jazzy tunes and the occasional saxophone solo like in the track, “The Other Side.”

But no matter the genre, Broadbent only hopes to reflect one thing in his music, honesty, a trait he’s admired since listening to musicians like Radiohead, Joni Mitch-



Photo by Yannick Wolff

ell, Little Feat, Robert Johnson and more.

“If you look at all those artists, they’re all actually very similar,” he said. “They were honest in their music, in their lyrics. They were fantastic lyricists. My father (for example) was and continues to be a great musician and songwriter.”

Broadbent is following his father’s footsteps with over 6 million streams on Spotify. He’ll be opening for U.K. musician Peter Frampton in May, but regardless

BROADBENT continues on **Page 35**

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Photo by Laird/Blac Palm, Inc.

Ponte Vedra Beach resident Martha Baker (left) and Sally Baker Lee (right) present the 2020 Ann McDonald Baker Art Ventures Award to John Bunker.

Artist John Bunker honored by Community Foundation for NE Florida

John Bunker, a visual artist and respected veteran of the Jacksonville museum community, recently received the 2020 Ann McDonald Baker Art Ventures Award.

Beyond creating an extensive and varied body of work over his 50-year career as a professional artist, Bunker also helped shape Jacksonville's cultural community during his museum career, including positions as associate director and interim director of the Jacksonville Art Museum and director of the Cummer Museum of Art & Gardens.

The award, which includes a \$10,000 unrestricted grant, recognizes an artist whose work brings distinction to Northeast Florida, and is named for the late Ann McDonald Baker, whose leadership helped create and nurture cultural gems, including The Community Foundation's Art Ventures Fund, the Arts Assembly (now the Cultural Council), Douglas Anderson School of the Arts and Greenscape.

The award was presented to Bunker by members of the Baker family of Ponte Vedra Beach at a private reception.

Broadbent

Continued from 34

of his success, Broadbent keeps it modest.

Rather than speak about his achievements, Broadbent boasted about his opening act, Jarrod Dickenson, a Texas-born

musician who often performs with his wife, Claire, and will open for Broadbent at Jacksonville Beach show.

"Him and I have very similar, rooted styles," Broadbent said about his tour partner and friend, passing over the spotlight. "He's really great, actually, maybe you could give him a little shout out."



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Sports

THURSDAY, FEBRUARY 13, 2020 • PAGE 36

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Nease sweeps PVHS in rivalry showdown

By Jim Moyes

Special to the Recorder

The Nease Panthers swept both contests with their rivals from Ponte Vedra this season after topping the visiting Sharks 45-35 on Friday, Feb. 7.

Just as they did in their first outing with the Sharks, the Panthers came from behind in the fourth quarter to pull out the victory before another near-capacity crowd at Nease. The sweep for the Panthers was their first pair of victories over PVHS since the 2009-10 season. The victory now boosts Nease all time edge in the tightly fought series to 14-12.

The final 10-point margin did not reflect how tight the game was. With 1:09 left in the game, the Panthers held a slim two-point lead before scoring the final eight points, all from the free-throw line.

The Panthers started fast and finished strong as they now take their 15-7 record and top seed in district play this week into the FHSAA playoffs. Nease jumped out to an early 15-5 lead, aided by eight first-quarter points from senior guard Kyle Baidas.

The visiting Sharks fought back to out-score Nease 13-4 in the second quarter to trail by a single point at halftime. Nothing was decided in the third quarter as Nease took a slim 28-27 lead into the game's final period.

The Sharks took their first lead early into the fourth quarter on a 2-pointer by freshman guard Nathan Bunkosky, but that lead would

be short-lived. The Sharks' leading scorer on the season, sophomore Luke Pirris, then picked up his fourth foul that sent him to the bench. Pirris would return with less than 2 minutes remaining where he netted 1-of-2 free throws to pull the Sharks within two points of Nease at 37-35.

That would prove to be the final point earned by the Sharks, who came up empty shooting from the field the rest of the way, missing all nine of their last shots. After not making a single free throw in four attempts entering the final quarter, the Panthers netted nine in a row during crunch time to pull away.

Baidas, for the second year in a row, proved to be a thorn in the side of the Sharks. The sharp shooting guard led his Panthers in scoring with a season-high 17 points, the same total he tallied in Nease's win over its rivals last season. Baidas' running mate in the backcourt, Payton Nordness, was also in double figures with 11 points.

Coach Josh Bailen's squad also won the rebounding battle with the Sharks by a 30-20 margin. No Sharks players were in double figures, with Bunkosky and Pirris coming close with nine points each.

The second-seeded Sharks (10-14) were eliminated from the District 4-5A playoffs after a 47-42 loss to Seabreeze on Tuesday night.

The top-seeded Panthers (15-7) hosted Mandarin in the District 1-7A semifinals Wednesday night. The game wasn't over by press time.



Nease players celebrate after their 45-35 victory over Ponte Vedra on Feb. 7.



Nease coach Josh Bailen instructs his team during the game against PVHS.



Nease's Matt Guzie attempts a shot between two Sharks defenders.

Photos by Matt Dec



PVHS BOYS SOCCER WINS DISTRICT TITLE

Ponte Vedra High School boys soccer won another district title by defeating host Englewood 4-2 on Feb. 7. Nico Gosendi scored two goals for the Sharks (10-3-1), and Alex Devincentis and Jack McBrayer each added one. PVHS played visiting Matanzas in the regional quarterfinals Wednesday night. The game wasn't over by press time.

Photo provided by Jim Neddo

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NEASE CHEER SETS SCHOOL RECORD AT UCA NATIONALS



The Nease High School Competition Cheer Team placed eighth in the nation at the UCA National Championships at Disney's ESPN Wide World of Sports on Sunday, Feb. 9. It was the highest finish, and the highest score recorded, in school history. Top row (from left): Matt McCool, athletics director, Josie Hanak, Kyndall Brown, Kennedy Ryan, Jacey Cable, Katie Sheehan, Rylie Wood, Hailey Bradshaw and Alaina

Porcellini, head coach. Bottom row (from left): Chalsea Vickery, Baylie McClafferty, Liz Thompson, Cadee Etemadi and Maddie Hollis. (Not pictured): Parker Apple and Amanda Sabater.

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