

# Ponte Vedra Recorder



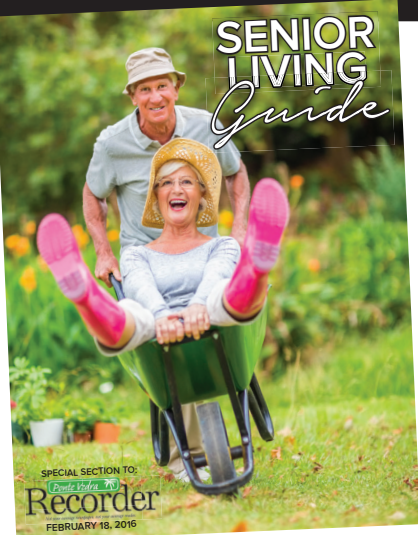
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## SENIOR LIVING

Stories for your best health and lifestyle on the First Coast

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## State Soccer Champs



Sharks boys soccer takes state by storm

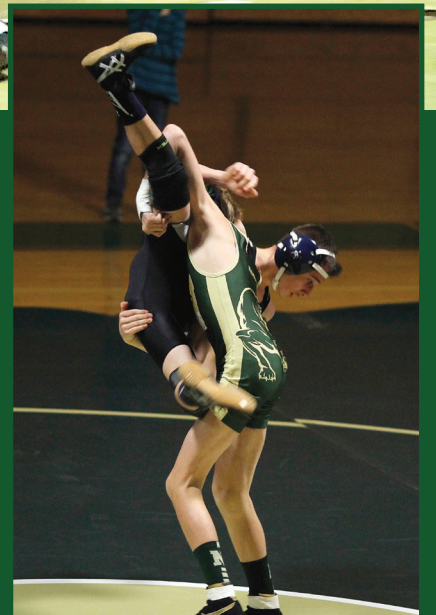
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## THE RIVALRY

Panthers come out on top after Sharks cross the bridge for a wrestling matchup between Nease and Ponte Vedra

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## Send us your news

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



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

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

## PUZZLE SOLUTIONS

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

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

Solutions correspond to last week's puzzles.

## What's this?

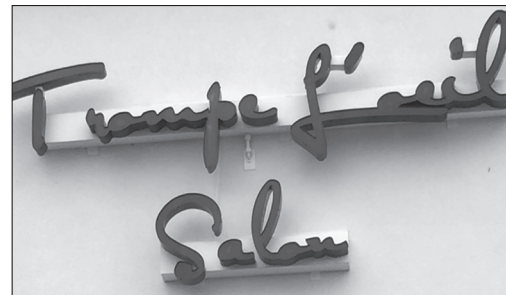


Do you know what this is?

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

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

Ray Dobelstein was randomly selected from the people who correctly identified the Tromp Loeil Nocatee sign. Ray, please pick up your zoo tickets!



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

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

### CAT OF THE WEEK

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



### DOG OF THE WEEK

Hi there! My name is Lemon and I am a 5 year old female hound mix who is looking for a new home. I was brought to the Pet Center as a stray. I'm super friendly and love to go outside and go on long walks in the woods to smell all of the interesting smells. Any new pet being introduced to a new home will need time to adjust to their new environment. Please reinforce house-training and behavioral training and be mindful of interacting with other pets. Come visit us today here at the Pet Center! #29944

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



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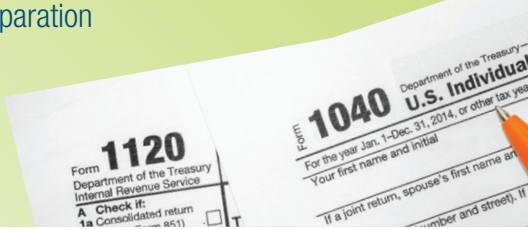
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Marie Meritt and Krystina Nelson



Photos by Susan Griffin/The Recorder  
Alex Groves

# 2016 Athleta Spring collection fashion show at Momentum Wellness

**Carrie Resch**  
The Recorder

When you look good, you feel good. That rings true for day-to-day life as much as it does for your workout gear.

To showcase Athleta's 2016 spring collection of athleisure-wear and workout attire, Momentum Wellness and Athleta partnered for the Made 2 Move preview fashion show event on Feb. 11 at Momentum Wellness in Ponte Vedra Beach.

Catering was provided by Royal Palm Village Wine & Tapas and event sponsors included: Peterbrooke Chocolatier (Ponte Vedra Beach), Ponte Vedra Wellness Center, SoCo For Hair, Mindy Black, Nutrition & Lifestyle Management, Kathy's Table, Heartland Rehabilitation Services at St. Johns, Glamorize Bridal, Kimberly Pearce Holloway.

Momentum Wellness, located at 5150 Palm Valley Road, offers personal training, sports performance training, group fitness, and nutrition.

Athleta sells stylish workout clothing for women including active wear, sportswear, outerwear, swimwear, dresses and workout shoes and accessories. Over 100 Athleta stores are now open. Locally, Athleta is located at the St. Johns Town Center at 4791 River City Drive, Jacksonville.



Kori Blacker Royal Palm Village Wine & Tapas





Photos by Susan Griffin/ The Recorder

Nanc Breznai, John Rutkowski, Teri Ellis & Denice Goldberg.

# Underwood, PVWC join to benefit Haven Horse Ranch

**Kelly H. McDermott**  
The Recorder

Underwood Jewelers of Ponte Vedra Beach hosted an invitation-only event last week for the Ponte Vedra Woman's Club to benefit the local non-profit, Haven Horse Ranch. Underwood Jewelers donated two David Yurman bracelets to be used as prizes in raising funds at the event. Additionally, Underwood Jewelers donated 10 percent of all David Yurman sales from Friday through Sunday to Haven Horse Ranch.

"The Ponte Vedra Woman's Club decided this year to take our events and designate a specific charity to them," said Denice Goldberg, co-chair of the club's Ways and Means committee and co-chair of the event.

Haven Horse Ranch is a nonprofit organization that uses horses to teach children basic life's principles.

"Our amazing Underwood Jewelers knows how incredible Haven Horse Ranch is and what a tremendous impact they have made on thousands and thousands of children in Northeast Florida," said club president Teri Ellis.

The Ponte Vedra Woman's Club will also host a Casino Night Mardi Gras-themed event to benefit Haven Horse Ranch this month on Feb. 20, and a fashion show on May 7 at Sawgrass to benefit the Florida School for the Deaf and Blind.

The upcoming Casino night will be hosted from 6 to 9 p.m. at Christ Episcopal Church, 400 San Juan Dr. in Ponte Vedra, and will include black jack, craps, roulette and the opportunity to win and bid on unique prizes. The event is open to the public and tickets are \$50 in advance, \$55 at the door. For more information, visit [www.pontevedrawomansclub.com](http://www.pontevedrawomansclub.com).

## COMMUNITY NEWS BRIEFS

### Advanced Disposal delays initial public offering

Nocatee-based Advanced Disposal Services, Inc., announced last week that it has postponed its previously announced initial public offering. The company elected to postpone the offering as a result of unfavorable equity market conditions and will continue to evaluate the proposed offering as market conditions develop, according to a news release.

A registration statement related to these securities has been filed with the Securities and Exchange Commission but has not yet become effective. For more, visit <http://www.advanceddisposal.com/>

### PARC Group chairman to speak to PV Coalition

Roger Osteen, founder and chairman of the PARC Group, will speak to members and guests at a meeting Monday, Feb. 22 of the Ponte Vedra Beaches Coalition. The PARC Group are the developers of Nocatee, the third best-selling master-planned community in the nation. The meeting will also include a report on county business from St. Johns County Commissioner Jay Morris.

The meeting is open to guests, and the Ponte Vedra Beaches Coalition will meet Feb. 22 from 10 a.m. to 12 p.m. in the Ponte Vedra Beach Library's large room.

### County seeks applicants for Ponte Vedra Zoning and Adjustment Board

St. Johns County is currently accepting applications for the Ponte Vedra Zoning and Adjustment Board. Applicants must be a registered voter in St. Johns County and reside within the Ponte Vedra Zoning District. Members will be required to file financial disclosure and will serve a term for four years. This board meets at 3 p.m. on the second Monday of each month in the St. Johns County Auditorium, 500 San Sebastian View.

For more information, to verify if an address is within the specified area of Ponte Vedra or to find an application, call (904) 209-0308 or visit [www.sjcl.us/Commissioners/Groups.aspx](http://www.sjcl.us/Commissioners/Groups.aspx). Applications are due March 2 and can be emailed to [tfilloramo@sjcl.us](mailto:tfilloramo@sjcl.us) or mailed to: St. Johns County Board of County Commissioners, Attn: Thomas Fil-

loramo, 500 San Sebastian View, St. Augustine, FL 32084.

### Lamping to speak at Episcopal Capital Campaign kick-off tonight

Mark Lamping, president of the Jacksonville Jaguars, will join with the Board of Trustees of Episcopal School of Jacksonville this evening for a kick-off celebration for "Lead the Way: The 50th Anniversary Capital Campaign." The event, hosted at the EverBank Field Terrace Suite, is part of the school's \$18 million capital campaign. The funds will be used to build an endowment, make improvements to the school's library, improve athletic facilities and improve the school's public entrances.

The event begins at 6 p.m. tonight. Visit [www.esjleadtheway.org](http://www.esjleadtheway.org) for more information.

### Toby Keith to perform at this year's Players Championship

The Players Championship announced their full slate of military appreciation activities and programs for the 2016 event last week, including a performance by Toby Keith on Tues., May 10, during Military Appreciation Day. New in 2016, the Military Appreciation Day Ceremony (6 p.m.) and Concert (6:30 p.m.) will be held on the 17th hole – instead of the traditional location on the back of the clubhouse lawn.

Keith's performance will cap off the Military Appreciation Day Ceremony, which will include pageantry by military personnel, a flyover by the 125th Fighter Wing, Florida Air National Guard, and a National Anthem performance by Byron Rowe (United States Navy-Retired). Speakers at the Military Appreciation ceremony will be General Mark Welsh, Chief of Staff, United States Air Force and member of the Joint Chiefs of Staff; PGA Tour Commissioner Tim Finchem; and a Tour player.

Keith's tours have drawn more than 1 million fans each year for the last decade. The Military Appreciation Day Ceremony and Concert is free to any Tuesday ticket holder; a Tuesday Stadium Pass starts \$20.

— Kelly H. McDermott

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Photo provided by Nocatee

**Terrence “Rocky” Leary** is thrilled to be a part of the Nocatee community. He and his wife, Lisa, and their two children, Mikey, 8, and Desiree, 13, relocated to Ponte Vedra to get away from the cold winter months in Vermont. Last year, Rocky was hired to open a pizza place in Nocatee’s Splash Water Park. Rocky’s Pizza just marked its one-year anniversary on Feb. 17. Leary learned how to make pizza from a local pizzeria in Brooklyn, N.Y., where he was born and raised. In the early 90s, he took his passion for pizza and launched Rocky’s N.Y. Pizza in Vermont which had three locations. When he moved to Nocatee, he was selected to open the pizzeria from a number of potential candidates. Now, Rocky’s Pizza at Spalsh Water Park has become a fixture and he’s known as “the neighborhood pizza guy.” Nocatee residents can enjoy the family-operated New York-style brick oven pizza and other offerings such as calzones, “Rocky Rolls”, hot dogs, salads, wraps and ice cream on a seasonal basis from St. Patrick’s Day to Christmas.

### Where are you from originally?

I was born in Brooklyn, New York. When I was 28 years old, I moved to Vermont. Both myself and my wife were social workers and before we went into the pizza business. Then, we continued doing social work in Vermont.

When I lived in Vermont, I worked with foster kids and children with special needs for 10 years and that was my full-time job on top of the restaurants. I loved giving back; that’s the name of the game, I think — be of service to others.

We were involved in a charity up there called Camp Ta-Kum-Ta and we would make pizzas there at the camp. I still make pizzas there every August. Vermont was great and I love being down here.

### Do you still own the restaurants in Vermont?

I had a five-year deal with my guys to buy it and the five-year deal turned into a four-year deal when they gave me a five-year contract. So they own [the restaurants] now.

### When did you move to Nocatee?

Four years ago in 2012.

### What do you like about the area?

It’s beautiful — the ocean, the people. It’s such a new community that you get to meet different people every day which is the beauty of it and to be the only food vendor in here, you’re guaranteed to meet them. I’m the neighborhood pizza guy.

### Are you looking forward to your second season?

We’re excited about this season because now we know what to expect. Last year, we didn’t know and now there’s 500 more homes, so there’s going to be more people here. We feel like we can take care of volume.

It’s really a family business. My wife is here. My daughter wipes down tables a couple of hours a day. We love it. It’s fun, but it is work. It’s all in staying ahead and getting good people. I’m blessed by the opportunity. The PARC Group has been excellent to me; whatever I need, they make it happen. So that’s great.

I see myself being here a long time — especially with an 8-year-old and a 13-year-old. When I take them to work, they go to the pool.

— Carrie Resch/The Recorder





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Thursday, Feb. 18	Friday, Feb. 19	Saturday, Feb. 20	Sunday, Feb. 21
<p><b>Lafayette 148 New York trunk show</b> Linda Cunningham is hosting a Lafayette 148 New York Spring 2016 trunk show Feb. 18-20 at Linda Cunningham's, 1049 Kings Ave., Jacksonville. For more information, call (904) 399-4864 or visit <a href="http://www.lindacunningham.com">www.lindacunningham.com</a>.</p> <p><b>HeartWise Educational Series</b> HeartWise Educational Series: "The lowdown on high blood pressure" takes place Thursday, Feb. 18 at noon at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra. Join Nancy Crain, PA-C, as she explains blood pressure, why we want to keep it in range, and what a high reading could mean for your heart. This free event is open to the community. Reserve your space today at <a href="http://baptistjax.com/ymca">baptistjax.com/ymca</a> or by calling (904) 202-5376.</p> <p><b>'A Tea with Zora and Marjorie'</b> A Classic Theatre presents "A Tea with Zora and Marjorie" with Rhodie Jackson as Zora Neale Hurston and Nancy Grote as Marjorie Kinnan Rawlings. Performances are Feb. 18-20 at 7:30 p.m. and Feb. 21 at 2 p.m. at Gamache-Koger Theatre, 50 Sevilla St., St. Augustine. Tickets are \$20. A special performance will take place Thursday, Feb. 25 at 7:30 p.m. at the Linconville Museum and Cultural Center, 102 Martin Luther King Jr. Ave., St. Augustine. Tickets are \$20; \$25 if you wish to see the show and tour the museum. For more information or to purchase tickets, call (904) 501-5093 or visit <a href="http://www.aclas-sictheatre.org">www.aclas-sictheatre.org</a>.</p> <p><b>Whistle Talk: Marlene Kenny</b> On Thursday, Feb. 18, Marlene Kenny the "Room Rescuer" will be presenting a Whistle Talk at the Beaches Museum's Chapel. The program will focus on helping attendees refresh their home, renew their style, and repurpose what they already have. Attendees will learn about resources, including the Beaches Museum photo collection, to use family history, memories and memorabilia to make their home their own and to bring a cohesive style. Beginning at 5:30 p.m. at the Museum's Chapel the talk is free to members with a suggested \$5 donation from non-members. For more information, call (904) 241-5657 or visit <a href="http://www.beachesmuseum.org">www.beachesmuseum.org</a>.</p>	<p><b>'Mothers and Sons'</b> Players by the Sea presents "Mothers and Sons" Feb. 12-27. This Tony nominated Broadway hit examines the evolving definitions of marriage and family. During the run of the show, visual artist Jami Childres will have her work featured in the Grune Family Gallery. Performances are Feb. 12, 13, 18, 19, 20, 21, 25, 26 and 27 at 8 p.m. with Sunday matinees at 2 p.m.. General admission tickets for all performances are \$23; \$20 for students, seniors and military. Thursday Student Nights offer half price admission with a valid student ID. The theater is located at 106 Sixth St. N, Jacksonville Beach. For information or to purchase tickets, call (904) 249-0289 or visit <a href="http://www.playersbythesea.org">www.playersbythesea.org</a>.</p> <p><b>'FRIENDS' at the J. Johnson Gallery</b> "FRIENDS," a diverse group exhibition featuring a variety of artists who have exhibited with the gallery over the past fifteen years. This will be the gallery's second-to-last opening reception before closing its doors in May after a lauded fifteen-year run presenting internationally- and nationally-recognized artists and thought-provoking exhibitions to the north Florida community. FRIENDS will be on display through March 17. The gallery will close in May. The J. Johnson Gallery is located at 177 Fourth Ave., N., Jacksonville Beach. Gallery hours are Tuesday – Friday from 10 a.m.-5 p.m. and Saturday from 1 – 5 p.m. For more information, call (904) 435-3210 or visit <a href="http://www.jjohnsongallery.com">www.jjohnsongallery.com</a>.</p> <p><b>Habitat for Humanity volunteers</b> Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and we help build them a simple, decent place to live. If you know someone who might benefit from Habitat homeownership, please refer them to our website. To find out more about how you can donate, volunteer, or qualify visit <a href="http://habitatstjohns.org">habitatstjohns.org</a>.</p>	<p><b>Katz 4 Keeps Adoptions/ Open House</b> Katz 4 Keeps is having an adoption event/ open house on Saturday, Feb. 20 and Sunday, Feb. 21 from 11 a.m.-3 p.m. at Katz 4 Keeps, 935B A1A N. in Ponte Vedra Beach (next to Sherwin Williams). For more information, call (904) 834-3223 or email <a href="mailto:katz4keeps.com">katz4keeps.com</a>.</p> <p><b>Nocatee Farmers Market</b> This February the Nocatee Farmers Market will feature The Living History of the 1740 Saint Augustine Garrison! Come out to the Town Center Field from 10 a.m.-2 p.m. and travel back in time to 1740 as re-enactors portray the life and times of historic Spanish St. Augustine. This special event will include military demonstrations with musket firing, colonial vendors, and more! Along with this fun and interactive theme, the market includes over 80 local vendors offering items such as organic produce, herbs, spices, delicious unique foods, crafts, jewelry and more! Free face painting by Chet's Creek Church will also be available for little ones, along with free crafts. The Nocatee Farmers Market takes place at Farmers Market Field, 100 Marketside Ave., Ponte Vedra Beach.</p> <p><b>Beaches Green Market</b> The Beaches Green Market is every Saturday from 2-5 p.m. at Jarboe Park (intersection of A1A and Florida Blvd.) For more information, call (904) 710-2022 or visit <a href="http://www.beacheslocalfoodnetwork.org">www.beacheslocalfoodnetwork.org</a>.</p> <p><b>GTMRR Guided Beach Exploration</b> On the third Saturday of the month (Feb. 20), from 8:30-10:30 a.m., join the GTM Research Reserve interpretive guide for a beach walk at the Guana south beach location. Learn about the animals that call the beach their home as well as seashells and other interesting facts. This is a "Beaches 101" experience the entire family will enjoy. For more information, call (904) 823-4500 or go to <a href="https://gtmresearchreserve-explorations.eventbrite.com">https://gtmresearchreserve-explorations.eventbrite.com</a> to reserve a spot online. Space is limited so please RSVP. Provide your email and phone number, in case cancellation is necessary due to inclement weather. The event is free.</p>	<p><b>'Big River' at The Alhambra</b> Tony Award Winner "Big River: The Adventures of Huckleberry Fin" will be performed at Alhambra Theatre &amp; Dining Feb. 18-March 20, Alhambra Theatre &amp; Dining is located at 12000 Beach Blvd., Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit <a href="http://www.alhambrajax.com">www.alhambrajax.com</a>.</p> <p><b>Collection Tour</b> Join the Cummer Museum of Art and Gardens us on Sundays for a guided tour of our permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.</p> <p><b>Practice with Purpose at Big Fish Yoga</b> Practice with Purpose is an all-level yoga class offered on Sundays from 4-5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga has relocated to the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South 3rd St. For more info. call (904) 372-0601.</p> <p><b>Annual Activity Member</b> Become an Annual Activity Member at The Players Community Senior Center! There are so many reasons to become a member: discounts on fee-based classes, designated events and Coastal Travel, complimentary participation in a wide variety of scheduled activities, to name a few! Please call Darlene Mahany at 280-3233 for all the details.</p> <p><b>For The Love of Driving</b> Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. If you are interested, please contact the Mobility Manager at the Council on Aging, 904-315-6505, or email <a href="mailto:karnold@stjohnscoa.com">Katie Arnold at karnold@stjohnscoa.com</a>.</p>

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Monday, Feb. 22	Tuesday, Feb. 23	Wednesday, Feb. 24	Thursday, Feb. 25
<p><b>Book Talk Cafe: Patrick Kendrick</b> Meet Florida Book Award winner, Patrick Kendrick, author of "Papa's Problem," "Extended Family" and most recently "Acoustic Shadows." He has also written his first young adult novel "The Savants," published in September 2015. Book Talk Cafe takes place Monday, Feb. 22 from 6:30-7:45 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach. For more information, call (904) 827-6950 or visit <a href="http://www.sjcpls.org">www.sjcpls.org</a>.</p> <p><b>Caregiver Support Group</b> The Players Caregiver Support Group meets every Monday 12:00-1:00 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. It is a great opportunity for caregivers to share resources and ideas. For more information, call (904) 280-3233.</p> <p><b>Travel Training Program</b> The Council on Aging announces a Travel Training program designed to assist seniors in learning to ride the Sunshine Bus. If you are curious about expanding your transportation options or you would like to increase your confidence as a bus rider, let one of our trained volunteers assist you in navigating routes, reading time tables and making transfers. If you are interested, please contact the Mobility Manager at the Council on Aging, (904) 315-6505, or email Katie Arnold at <a href="mailto:karnold@stjohnscoa.com">karnold@stjohnscoa.com</a>.</p> <p><b>Mental Health Recovery Support</b> Support is free to the public and facilitated by Georgia, Florida Certified Peer Specialist, Whitney Bolin. By appointment only M-F, contact at 770-403-4991 or <a href="mailto:whitneybat76@gmail.com">whitneybat76@gmail.com</a>. In addition, she facilitates a MH Recovery Group at Flagler Hospital from 2-4pm every Tuesday.</p> <p><b>Sunshine Center Volunteers</b> The adult day center located in the Coastal Community Center is seeking creative volunteers to assist with simple arts &amp; crafts projects with seniors Mondays through Fridays from 12:30-2:30 p.m. For info, call (904) 209-3686.</p>	<p><b>HeartWise Educational Series</b> HeartWise Educational Series: "Stress and heart health." Join Nancy Crain, PA-C, Tuesday, Feb. 23 at noon as she explains the toll that stress can take on the heart. This free event is open to the community and will take place at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra. Reserve your space today at <a href="http://baptistjax.com/ymca">baptistjax.com/ymca</a> or by calling (904) 202-5376.</p> <p><b>Dr. Gerson Yessin Music Series concert</b> The Ponte Vedra Beach Branch Library is hosting a Dr. Gerson Yessin Music Series concert on Tuesday, Feb. 23. This month's music program features the Lisa Kelly/ JB Scott Jazz Quartet with Lisa Kelly/vocals, JB Scott/trumpet, Joshua Bowlus/piano, Dennis Marks/bass, and Jeremy Smith/drums. Everyone is welcome and it's free. Doors open at 6 p.m. and seating is limited. This program is made possible by the Friends of the Library. The library is located at 101 Library Blvd., Ponte Vedra Beach. For more information, call (904) 827-6950.</p> <p><b>Arbor Terrace Life Enrichment Group</b> The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m.-2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit <a href="http://www.at-pontevedra.com">www.at-pontevedra.com</a>.</p> <p><b>Sunset Rotary Club weekly meeting</b> The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6-7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call Club President Ron Mott at (904) 460-7092 or email <a href="mailto:HOJRON@aol.com">HOJRON@aol.com</a>.</p> <p><b>Palm Valley Farmers Market</b> The Palm Valley Farmers Market takes place every Tuesday from 1:30-5:30 p.m. at the Palm Valley Community Center, 148 Canal Blvd. in Ponte Vedra Beach.</p>	<p><b>2016 Bag Lady Luncheon</b> The 2016 Bag Lady Luncheon is Wednesday, Feb. 24 from 11 a.m.-1 p.m. at Sawgrass Country Club. The Bag Lady Luncheon features a silent auction with over 100 handbags donated by individuals and retailers. Introduced by the Friends for the Arts in 2013, Bag Lady Luncheon has grown to become the group's most popular fundraiser, raising nearly \$50,000 since its inception for The Cultural Center at Ponte Vedra Beach. A portion of the net proceeds will benefit Music Therapy for Children with Special Needs, an outreach program created by the CCPVB. Individual tickets are \$40. Table sponsorships for 12 individuals are \$465. For more information or to purchase tickets, call Dee at (904) 280-0614 ext. 205.</p> <p><b>Civil Rights Cinema</b> Every Wednesday in February from 1-3 p.m., the Southeast Branch Library, 6670 US 1 S., St. Augustine, is hosting a St. Johns Reads Event: Civil Rights Cinema, a series of matinee movies relating to the African-American Civil Rights Movement. The Feb. 24 movie is "The Long Walk Home." Call (904) 827-6900 for more information.</p> <p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets every Wednesday from noon-1 p.m. at Mulligans, 43 PGA Tour Blvd. in Ponte Vedra Beach. For more information, call Gloria at (904) 635-6103, visit <a href="http://www.pvpng.com">www.pvpng.com</a>, or email <a href="mailto:pontevedrapng@gmail.com">pontevedrapng@gmail.com</a>.</p> <p><b>Ponte Vedra Toastmasters</b> The Ponte Vedra Toastmasters Club offers opportunities for developing your leadership and communication skills. Join us on Wednesdays at The PLAYERS Community Center at 175 Landrum Lane. The meeting starts promptly at 7:30 a.m. and lasts one hour. Want to know more? Contact Lucy Reep at 904-607-3695 or contact-5199@toastmastersclubs.org</p>	<p><b>50 Years of Players by the Sea exhibit</b> Since 1966, Players by the Sea has been dedicated to its mission of "enriching the community through excellence in theatre." Through its first 30 years of rented or borrowed space, to a permanent and professional location 2 blocks from the Beaches Museum, Players by the Sea has been committed to bringing a passion for theatre, thought provoking performances and rich cultural attributes to the Beaches and beyond. A retrospective of the past 50 years and a look toward the future will be the spring history exhibit at the Beaches Museum. The exhibit will open with a reception at the Beaches Museum on Thursday, Feb. 25 from 6-8 p.m. Members of the Beaches Museum and Players by the Sea are complimentary and non-members are asked to make a \$5 donation. Special pricing for that night's showing of "Mothers &amp; Sons" will be available. For more information, call (904) 241-5657.</p> <p><b>MOSH After Dark: Jazz Under the Stars</b> The February MOSH After Dark: Jazz Under the Stars is Thurs., Feb. 25 at 6:30 p.m. Sit back, relax, and enjoy live jazz music as you get lost in an immersive planetarium show taking you from the skies over Jacksonville to the edge of the known universe. The cost is \$10; \$8 for MOSH members. MOSH is located at 1025 Museum Circle, Jacksonville. For more information, call (904) 396-MOSH or visit <a href="http://www.themosh.org">www.themosh.org</a>.</p> <p><b>Life Enrichment Group</b> The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m.-2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email <a href="mailto:life_enrichmentgroup@yahoo.com">life_enrichmentgroup@yahoo.com</a>.</p> <p style="text-align: right;"><i>—Compiled by Carrie Resch</i></p> <p><b>Free calendar listings for community groups and nonprofit organizations are published at our discretion on a space-available basis. Send your event at least 10 days before publication. Submit events to <a href="mailto:carrie@opcfla.com">carrie@opcfla.com</a>, post online at <a href="http://www.pontevedrarecorder.com">www.pontevedrarecorder.com</a> using the automated form or call (904) 686-3939.</b></p>

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# Nocatee Happenings: The latest news from Nocatee



Linda Panetta and Debbie List.



Photos by Susan Griffin/The Recorder

Delores Wise, Susan G. Komen North Florida executive director, Patsy Garcia, Susan G. Komen North Florida mission director, and Cindy Kruty, Susan G. Komen North Florida development director at the kickoff party and wine tasting benefit for Ride for the Cure was Tuesday, Feb. 9 at Table 1 in Ponte Vedra Beach.

## Ride for the Cure

Inaugural Ride for the Cure set for March 5 in Nocatee

### Carrie Resch The Recorder

In the past, Susan G Komen has been all about racing for a cure, but this year, supporters can Ride for the Cure in the inaugural bike ride fundraising event on Saturday, March 5 in Nocatee.

Ride for the Cure is a fundraising and awareness event for the breast cancer movement, but the event will also be a celebration for breast cancer survivorship and honoring those who have lost their battle with the disease.

The 2016 goal is for over 300 cyclists to come together and help raise over \$231,840. Riders can choose from four different routes: 10, 20, 32 or 64 miles and can ride as individuals or teams. Fundraising

for the event is not required, but it is encouraged.

To register, donate or sponsor Ride for the Cure, visit [http://north-florida.info-komen.org/site/TR?fr\\_id=6329&pg=entry](http://north-florida.info-komen.org/site/TR?fr_id=6329&pg=entry).

The 22nd annual North Florida Race for the Cure is Saturday, Oct. 15 at Metropolitan Park in Jacksonville. The event includes a 5K and 2K race. Registration for Race for the Cure is now open. The goal is to raise \$300,000. To register for the race or to volunteer, visit <http://konnorthflorida.org/events/race-for-the-cure>.

### About the Susan G. Komen North Florida Affiliate

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure, and launched the global breast cancer movement.

The organization envisions a world without breast cancer with the promise to save lives and end breast cancer forever by empowering people, ensuring quality care for all, and energizing science to find the cures.

The North Florida Affiliate of Komen for the Cure is working to better the lives of those facing breast cancer in the local community, joining more than one million breast cancer survivors and activists around the globe as part of the world's larg-



Drawing for door prizes at the kick-off party.

est and most progressive grassroots network fighting breast cancer.

Susan G. Komen North Florida was founded in 1994 and serves a five-county area: Baker, Clay, Duval, Nassau and St. Johns Counties.

Through events like the Komen North Florida Race for the Cure, the North Florida Affiliate has invested over \$2.56 million in community breast health programs in five counties in North Florida. All net proceeds fund vital breast cancer programs—up to 75 percent stays in the five-county service area to support education, screening and treatment programs—and a minimum of 25 percent is contributed to scientific research.

For more information, call (904) 448-7446 or visit [www.konnorthflorida.org](http://www.konnorthflorida.org).

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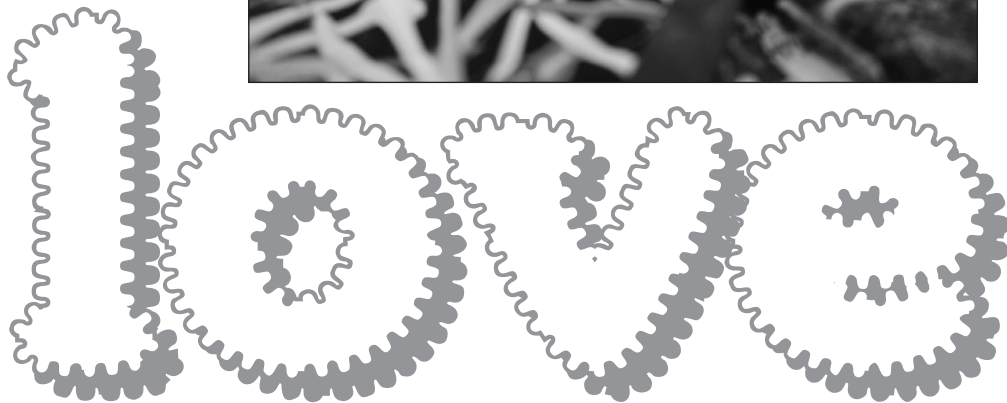
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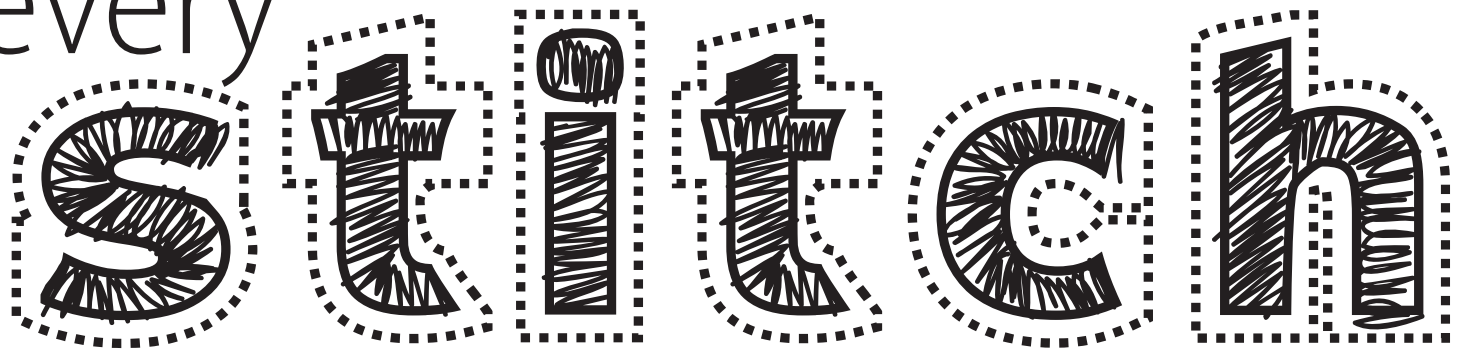
Personalized projects, like a golf-themed set of mug rags and tee bags by Susan Knapp, add pops of color to the guild project display



Handmade creations greet stitchers atop a table showcasing guild members' projects



in every



**Jasmine Marshall**  
Special to the Recorder

The warmth and noise of Ponte Vedra's Plantation dining room betrayed nothing of the harsh wind chill biting through the air outside on Feb. 10 — and no cold snap would keep Ponte Vedra community members from pouring inside, needles and thread in tow.

For the ninth year in a row, they've kept the tradition of Work Your Heart Out Wednesday alive, an annual event in which community members are welcome to stuff and sew pillows for hospice patients during the week of Valentine's Day.

The event was started in 2007 by the Ocean Wave Quilters Guild founder, Bonnie Talley. The group, who also quilts blankets for Northeast Florida Community Hospice, have prepared year round for the assembly of the pillows.

"Everyone's welcome to help however they can," Talley said. "Just pull up a chair!"

This year, visitors were ushered in to the sight of the guild member's projects in addition to the pillows; a plethora of quilting squares, hand-patched plush animals and accessories lovingly pieced together serve as a reminder of the event's purpose — spreading a message of love and hope to others.

"I starting helping because my husband was on hospice shortly before he passed," said Susan Knapp, a guild member of 11 years. "And when you're going through something like that it's just nice to know that there's people who want to help."

That sentiment that rings true for all the guild members, who had pre-assembled roughly 700 pillows to be stuffed and sewn before the event.

Groups gather at Plantation for annual Hospice project



Laraine Short stitches a pillow closed before handing it off to be tagged.

Photos by Jasmine Marshall





Quilt squares, mug rugs and table runners make up a few of many personal projects guild members added to the display



Colorful, patterned pillows quickly pile up on the dining room tables

## Stitch

Continued from 14

It's a number almost doubled from previous years' 400, and an outpouring of support that community members were thankful to report.

At the top of the first hour, Talley sounds a bell.

"We've finished 100 pillows!" she announced. The room erupted into cheers before everyone set back to work; just 30 minutes passed before Talley announced their progress again, and it's clear the stuffers have made quick work of their pillow piles.

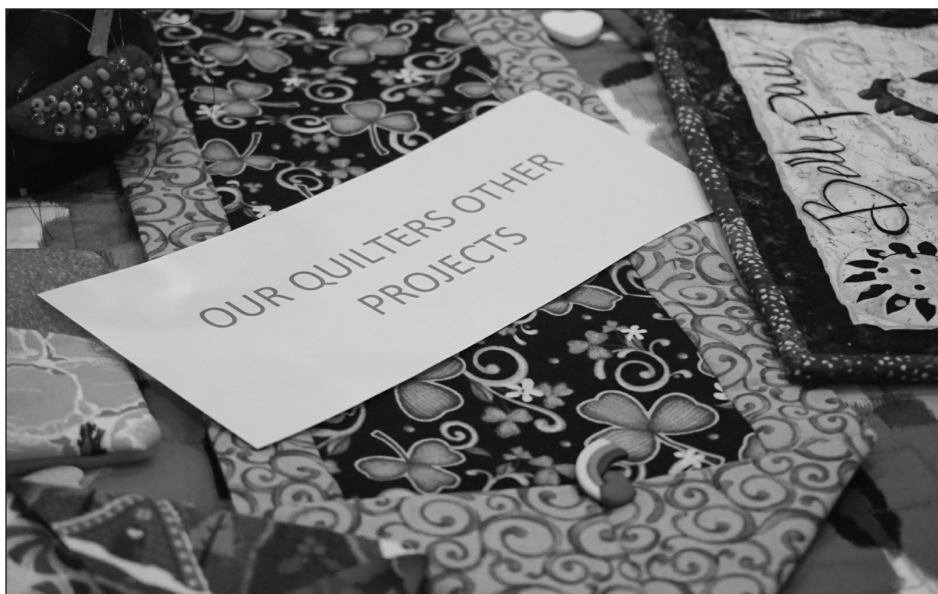
"There's a lot to finish, but it's a good thing," said Laraine Short, stitching a pillow shut before adding it to an ever-growing pile. "The more the better!"

As mounds of cushions began to dot each table, the volunteers' efforts showed their unwavering commitment to support those in need for yet another year. Shortly after, they were adorned with heartfelt sentiments carrying words of encouragement to the recipients — the final touch to a lovingly, handmade gift.

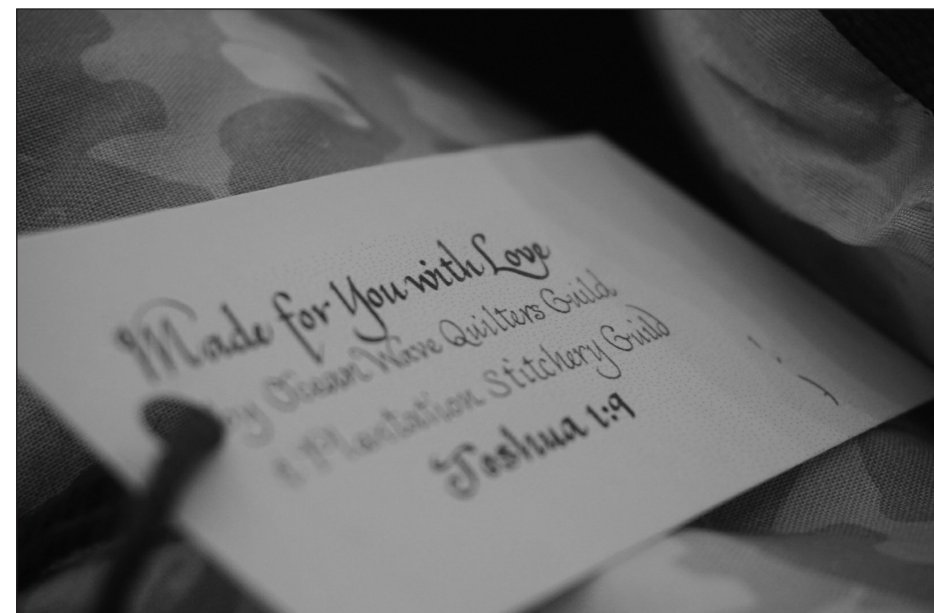
"It's really about the thought you put into it," Short explained. "These could easily be [finished] with a machine, but to do it by hand ... shows a lot more care."



Guild members and volunteers fill every table in the Plantation's dining room for the cause



Quilt squares, mug rugs and table runners make up a few of many personal projects guild members added to the display.



Tags carrying a sweet message in script are added to finished pillows for a final, personal touch.



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# Discussing big decisions at Arbor Terrace

Being a caregiver for a loved one with Dementia can be a very difficult job. Caregiving can be very challenging; extremely rewarding and ultimately draining. Although we make promises to always take care of our loved ones, sometimes the task becomes extremely difficult. We are then faced with our next decision: when is the right time to place that person in an assisted living for memory loss?

At Arbor Terrace Pont Vedra our commitment is to give you all the resources you need to make your decision at the appropriate time.

Please join us for lunch on Thursday, March 3, from noon to 1:30 p.m. at San Jose Country Club 7529 San Jose Blvd. to hear from other family members

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how and why they finally made their decision to move their loved one into Arbor Terrace Ponte Vedra.

You will also have an opportunity to hear how that decision has proven to be the right decision not only for the caregiver but for the family member as well.

For more information please call Ilene Thrasher, RN, Senior Care counselor at Arbor Terrace Ponte Vedra Community, (904) 834-7578.

Subscribe to the Recorder!  
Call (904) 285-8831.

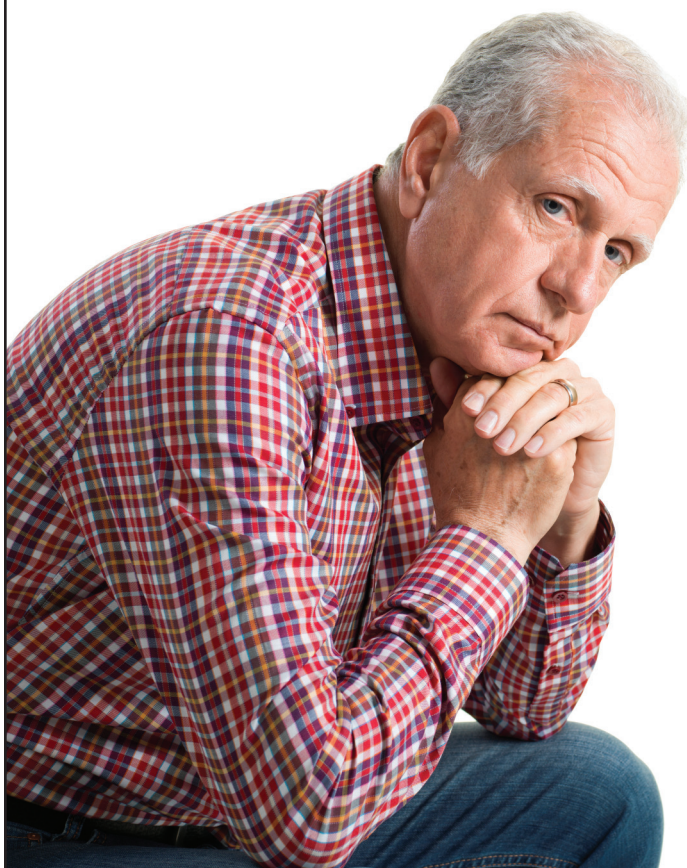
## Has Alzheimer's Disease Changed Your Loved One?

### RESEARCH STUDY FOR AGITATED OR AGGRESSIVE BEHAVIOR

Having a hard time coping with the changes in your loved one's behavior? Sometimes as Alzheimer's disease progresses your loved one may become verbally or physically abusive. Or, they may not be able to settle down and relax.

Dr. Mark Joyce would like to talk with you about a research study of an investigational medication to assess whether it can improve management of agitation and aggression for your loved one.

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Mark Joyce, MD | 904-281-5757  
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We safely transition high-risk patients from hospital to home preventing unnecessary rehospitalizations by providing professional clinical oversight. An alarming rate of one in five Medicare beneficiaries are rehospitalized within 30 days of being discharged from a hospital. The rate nearly doubles among those with high-

risk medical, functional and cognitive conditions. Our transitional care model consistently delivers improved patient outcomes and reduced cost of care among high-risk patients.

There are also significant benefits to hiring a licensed agency vs a registry or independent, private caregiver. These include thorough background and reference checks on caregivers, liability insurance, backup if caregiver is ill, on vacation or emergencies, individualized plan of care and assessments by qualified individuals to name a few.

For more information, visit [www.seniorbridge.com](http://www.seniorbridge.com)

—Diana L. Molimock, Senior Bridge

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Photos by Larry Tallis

Foundation Pres. Jeanine Rogozinski, Foundation; Chief Dev. Kathy Osterer; Hon. John and Gena Delaney, RG CEO Marty Goetz, RG Hebrew Home Pres. Marsha Pollock and RG Senior serv. Pres. Dr. Ron Elinoff.

## "Meet me in Havana" a hit for River Garden Gala



Gala Honorary Chairs The Honorable John and Gena Delaney

### Kelly H. McDermott The Recorder

With authentic Cuban flare and a good cause at its heart, the 23rd annual River Garden Gala was a spectacular success for the non-profit arm of the River Garden system of senior services.

Former Jacksonville Mayor John Delaney and his wife Gena were honorary Chairs at the event, hosted at the Marriott Sawgrass. Six hundred patrons danced the night away and enjoyed festive entertainment provided by Chez-zam.

Picture Old Havana in 1959, right before the revolution. No matter what is happening elsewhere in Cuba, the living in Havana is easy and wild. And Chez-zam brought the evening to life through vitality and versatility of their renowned theatrical dance troupe as everyone enjoyed vintage Havana.

The black tie event of dinner, dancing, show time, and silent auctions was a night to



David Stein; River Garden CEO Martyoetz, and Hon. John Delaney.

remember by all The Gala supports programs and financial assistance through the non-profit arm of the River Garden system of senior services to include the River Garden Hebrew Home/Wolfson Health and Aging Center. SunTrust Bank was the Premier sponsor this year.

River Garden provides a wide range of quality, cost effective elder care services in residen-

tial, outpatient, and community based settings.

River Garden serves people of all faiths throughout Northeast Florida while maintaining an environment supportive of Jewish identity and informed by Jewish values.

The institution celebrates its 70th anniversary this year. For more information, visit <http://www.rivergarden.org>.





## Unlocking the heart-healthy secret of mushrooms

Whether it's being stuck in traffic, missing a deadline or having trouble getting the kids out of bed, the stress we experience comes in many different forms. Often, people think of stress as something you're immediately aware of: your thoughts become crowded, your breath shortens or you can't sleep.

But there is a kind of stress most everyone experiences, and because there are no outward symptoms, few are aware of how it could be harming their health. It's called oxidative stress, and it's caused primarily by the lifestyles we lead. By not sleeping enough, not consuming enough antioxidants in your diet or just being around daily pollutants such as car exhaust, candles or cleaning products, you can be subject to oxidative stress.

What makes oxidative stress especially dangerous is both a lack of awareness and the fact that research has found it leads to an increased risk of heart disease. How? Oxidative stress can affect LDL-cholesterol (commonly known as "bad cholesterol") by transforming it into an even more damaging form: oxidized LDL.

Essentially, what happens is oxidized stress "rusts" the LDL cholesterol that circulates in the blood. Just as rust can damage machinery, this rust can damage your heart. With someone suffering a heart attack or a stroke every 40 seconds in the United States, the need to educate people on how to defend against the damage caused by oxidized LDL is more important than ever.

### Unlocking the power of mushrooms

For more than 100 years, scientists

have known that mushrooms contain a super antioxidant called ergothioneine that can help prevent cardiovascular damage.

Ergothioneine is a natural part of the human defense system, and our bodies have a unique, genetically-coded protein designed to transport and deliver its antioxidant protection to high-stress areas where it is most needed, such as the walls or lining inside the arteries.

Despite documented evidence of the beneficial role ergothioneine can help with your heart, it's nearly impossible to get enough ergothioneine to directly impact your health through diet alone. No one has been able to unlock the potential of ergothioneine until now.

### A breakthrough supplement

Thanks to a scientific breakthrough by Mironova Labs, it is now possible to harness the power of this super antioxidant in a nutritional supplement. MironovaEGT+ is the first and only supplement to concentrate ergothioneine into an affordable, daily serving to help protect your heart from the damaging effects of oxidative stress.\*

With the availability of this supplement, the "Dust the Rust Off" campaign has been launched to raise awareness of the benefits of ergothioneine and showcase how it can be a major part of a heart-healthy lifestyle. For more information, visit [www.mironova.com](http://www.mironova.com).

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

— BPT

## To grandmother's house we go: The hazards of a grandparent's home

It is no secret that grandparents play an important role in the lives of their grandchildren. From giving encouragement and life advice, to helping out as a caretaker, many turn to their grandparents for support. In fact, 72 percent of grandparents take care of their grandchildren on a regular basis, and 70 percent of them see their grandchildren at least once a week, according to the American Grandparents Association.

With an abundance of grandparents overseeing their grandchildren on an ongoing basis, it is particularly important they are aware of the dangers that lie within their household that may be harmful to children. One of the most common dangers includes leaving out medication that is easy to access. In fact, in three out of four emergency room visits for medicine poisoning, the child got into medicine belonging to a parent or grandparent, according to Safe Kids World Wide, a global organization dedicated to preventing unintentional injuries in children.

Rallie McAllister, MD, MPH, a family physician in Lexington, Kentucky, and coauthor of *The Mommy MD Guide to the Toddler Years*, encourages conversation, awareness and education-surrounding children's home safety. McAllister says that each year in the U.S., thousands of children are seen in emergency departments for accidental medication exposures, which can be fatal. The typical scenario involves a curious child finding and ingesting unsecured medication.

"In almost 40 percent of cases, the medication belonged to a grandparent, and the medication was left in a purse or bag, a pillbox, or on a counter or nightstand," says McAllister. "It only takes a moment for children to find and swallow medication that can put their lives in danger. Parents and grandparents can protect the lives of the children they love by ensuring



that all prescription and over-the-counter medicines in their homes are stored safely and securely."

Families, and grandparents specifically, should consider the following steps to ensure their medications are not available to their grandchildren:

- Keep medication up high and out of sight of children. The orange bottle medications usually come in is bright and appealing to children. To them it may look like a toy that makes noise when shaken, or a fun game with pieces that can easily go straight into their mouth.
- Be absolutely sure the bottle is closed and secure with the safety lock. With a regular schedule of taking meds, it may be tempting for seniors to leave bottle tops loose for easy access each time the medicine needs to be taken.

• Lock up your medication in a designated spot. Med-Master offers a variety of durable, flexible medication storage solutions that feature locking options including a 3-digit combination lock, or a wireless battery operated RFID lock, to maximize security. In addition to being a locking storage unit, once opened, options include a pill-sorting tray for organization, a magnifying glass with LED light for easy label reading, as well as a magnetic dry erase kit for important reminders and notes.

For more information, visit [www.mmfind.com/med-master](http://www.mmfind.com/med-master).

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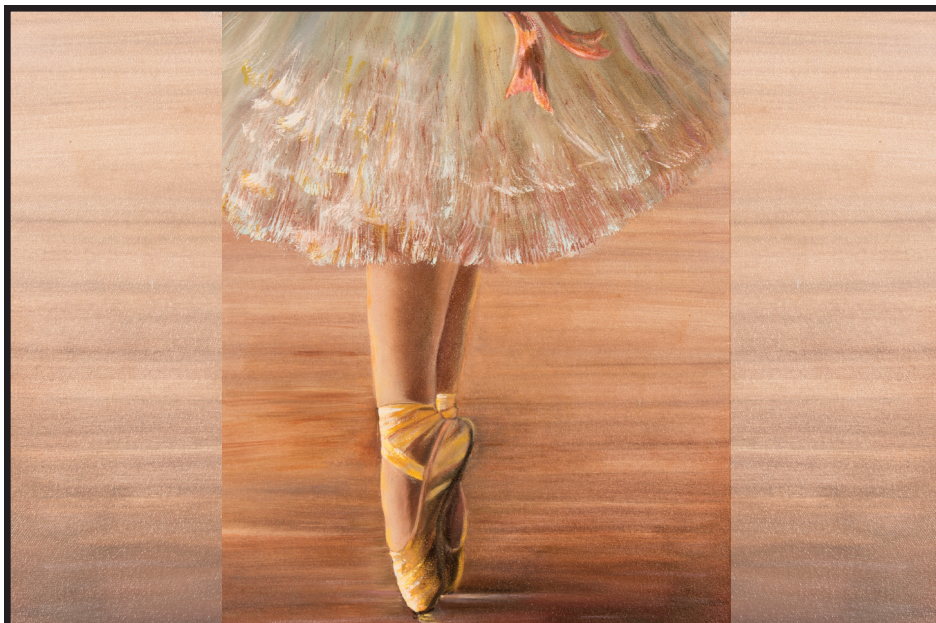
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# Fall prevention in older adults

Falls are a common and often serious health event among older adults and may lead to moderate or severe injuries, depending on the cause. According to the Centers for Disease Control and Prevention, about 33 percent of adults age 65 and older fall every year, and falls are the No. 1 cause of injury-related deaths in this age group. Osteoporosis, insufficient physical activity, and various indoor and outdoor hazards may be the most significant factors causing falls in the elderly and the best way to prevent falls is to take steps to prevent them.

Osteoporosis is a health condition characterized by bones that become increasingly porous, which means that the bones of an affected individual are less resistant to stress and more likely to fracture - a particularly common occurrence among women with this problem. Hormonal changes, vitamin D and calcium deficiency as well as reduced physical activity are the most significant causes of osteoporosis.

In some cases, brittle bones may fracture after a fall occurs, while in other cases a bone - especially a hip bone - may break when stressed and cause the fall. Some of the best ways to prevent osteoporosis, and osteoporosis-related falls, include consuming adequate calcium-containing foods or beverages such as milk, cheese, yogurt, fish, broccoli, collards or almonds, as well as getting a sufficient amount of vitamin D and performing regular bouts of weight-bearing activity. Balance training is another effective technique in reducing falling frequency in older individuals. Your health care provider can counsel you on the best tests to assess the health of your bones and he or she can suggest dietary changes to help limit bone loss as you age as well as create a balance training program for you.

Reduced physical activity causes decreased muscle tone, diminished

**PREVENTION** continues on **Page 21**

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# Prevention

Continued from 20

strength, and loss of flexibility and bone mass - all possible contributors to falls in elderly individuals. Seek advice from a qualified practitioner who can assess your muscular strength, cardiovascular fitness and mobility to generate a physical activity routine for you that suits your interests, aptitudes, and abilities.

An elderly individual may also need to address problem areas in the spine or extremities that may be limiting them from participating in regular physical activity. A regular wellness care routine - especially where it concerns keeping your joints and soft tissues in fine working order - is an important factor in remaining healthy and active well into old age.


Walking, jogging, swimming and bicycling are constructive activities that can be performed throughout your lifespan to help prevent falls in your later years.


A significant number of falls in the elderly are caused by environmental hazards around the home. Tripping over objects on the floor is perhaps the most common and inadequate lighting, weak or wobbly furniture and loose rugs also cause numerous



falls in the home. Consider mounting grab bars in key areas in your home to provide easy-to-reach support as well as adding nonskid mats to bathtubs, reducing clutter, getting rid of throw rugs, replacing oversized furniture and other household objects with smaller versions and using color changes to highlight variations in surface levels or flooring types.

**Contributed by Dr. Erica Hamer, DC, DIBCN, DIBE, Chiropractic Neurologist and owner of Ponte Vedra Wellness Center with offices in Ponte Vedra Beach and Nocatee Town Center.**





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# 7 high-tech reasons you should finally deal with your hearing loss

Lifting your mood, boosting your energy, protecting your earnings, supercharging your social life - and even keeping your mind sharp: These are just some of the many spoils that come with facing and dealing with a noise-induced hearing loss that has been slowly but persistently creeping up on you.

The quality-of-life and feel-good benefits of treating even just mild hearing loss brought on by years of loud music, power tools, high-volume headphones, motor-sport engines, crowded night clubs and bars, noisy restaurants, and raucous sporting events are plenty. But in this digital age of smart phones and wearable technologies, the draw for many solution-minded consumers may be in the technology itself. Super-smart, super-sleek, super-convenient, and super-sophisticated - today's hearing aids give you a multitude of reasons to address that hearing loss you've been trying so hard to ignore.

Consider these inspiring facts about today's highly functional, high-powered hearing aids. They just may get you to finally do something about your hearing loss and make your life easier.

1. They're cool, sleek, discreet and virtually invisible. New technologies are all about function, style, and effortless living. The latest hearing aids offer all three. The designs are incredibly attractive with smooth, modern contours. And they're much smaller than even conventional Bluetooth earpieces. Many of the latest hearing aids are so tiny, they sit discreetly and comfortably inside the ear canal, out of sight. You might say that aesthetically, hearing aids have had a complete makeover.

2. They cut out background noise so you hear what you want to hear. Even with the best of hearing, it's tough to hear people when it's noisy. But many state-of-the-art hearing aids not only reduce unwanted noise, they also scan the listening environment and automatically adapt to it - even in wind. There are hearing aids that can actually "geo-tag" a location. So if it's convenient for you to network at a certain coffee shop, your hearing aids will know when you're there and adjust themselves accordingly. For the record, it's not by chance that the latest state-of-the-art hearing aids are so adaptable to changing noise scenarios. Recordings of virtually every imaginable listening situation have been used to create algorithms and "train" these amazing mini-computers for your ears.

3. They capture the natural richness and variation of speech, so it's easier



to follow the conversation wherever you are. Let's face it, one of the most pesky aspects of not hearing as well as you once did is not catching everything people are saying. New technologies not only help you decipher speech details in music and noise, but they better preserve and clarify the more subtle sounds of language - like the consonants B, S, F, T, and Z - so you can really follow what someone is saying. No faking.

4. You can hear from all directions - even when scoping out what's in the fridge. Advanced directional microphone technology lets you hear from the back and side - something really important when driving a car. But it also makes it easier to hear voices more clearly in other everyday settings - like when your head is in the fridge and your significant other is talking at your back. Yes, that's one great feature.

5. Digital, Bluetooth, and wireless capabilities keep you connected when it counts. Digital, wireless hearing aids are the now the norm. That means many new technologies let you stream sound directly into your hearing aids - at the perfect volume - from your smartphone, laptop, conference-room speakerphone, home entertainment system, and other Bluetooth devices. Music, phone calls, podcasts, videos, whatever you listen to through your iPhone (or iPad and iPod mini-computers for that matter), you can listen to through many hearing aids. Some even let you control the volume and other personal-

ized sound settings with an app on your smartphone. Several types of wireless accessories give you a listening boost by bridging the gap between you and the speaker, making it easier to hear in loud or large places. Using a wireless mini-microphone - with cool, contoured designs, some even looking like a pen - placed on the restaurant or conference-room table, or near anyone you want to hear, makes it feel like they're speaking directly and clearly into your ears, no matter how noisy the setting. You adjust the volume.

6. State-of-the-art comfort and convenience mean you'll always want to use them. Super-small, super-light, customized, functional, and ergonomically designed, hearing aids today are more comfy than ever - yet tough enough to withstand real life. For most of the newest hearing aids, there's virtually no feedback or whistling thanks to advances in digital technologies. And most are hypoallergenic with nanotechnology coating to keep them clean and dry. Some are even fully waterproof, so you can swim and shower in them, no problem. Plus, today's greater-than-ever audio-processing goes hand-in-hand with less battery usage. Some hearing aids are even rechargeable, eliminating the need to change batteries altogether. But the convenience and comfort don't end there. Some brands let you set up reminders for things like appointments or taking medicine. Perhaps the most "peace-of-mind-preserving" life hack,

though, is leading-edge technology that helps sooth the ringing in your ears (tinnitus) in a way that suits you.

7. There are even more disruptive hearing technologies on the horizon. Totally out-of-sight, semi-permanent hearing aids that stay in for two to three months let you shower and sleep in them, no fuss. Perhaps the most futuristic glimpse of hearing aids is tied to recent ground-breaking studies revealing a significant link between untreated hearing loss and dementia. Hearing aid manufacturers are deep in the trenches working to create future break-through technologies that will make it as easy as possible for the brain to decode speech and other sounds. Reducing cognitive load - that is, drawing fewer resources from the brain just to "hear" - is a very good thing. After all, we really do hear with our brains and not with our ears. Some hearing aids with these technologies are already available. Yes, leading-edge hearing aids are here to help you keep your mind sharp and your life easier by hearing your best at every age - starting today.

For more information on hearing loss and to take a free, quick, confidential, online hearing check to determine if you need a comprehensive hearing test by a hearing healthcare professional, visit [www.BetterHearing.org](http://www.BetterHearing.org). Follow BHI on Twitter @better\_hearing. Like BHI on Facebook at <http://www.facebook.com/betterhearinginstitute>.

— BPT



# Updates from the St. Johns County Council on Aging

## Swing away and support the COA

The Council on Aging has the perfect way to support services for the over 4,000 St. Johns County residents currently dealing with Alzheimer's and other dementias. And it's easy as one...two....swing!

This Captain's Choice Event will be played on April 1st at 1:30 pm at the St. Johns Golf and Country Club, 205 St. Johns Golf Drive in St. Augustine, FL. Tickets are \$100 per golfer or \$380 for a team of four. Or just come on over for the BBQ! The Buffet only is \$22 per person.

All proceeds will benefit COA's Sunshine Center Adult Day Care, COA Integrative Memory Enhancement Program (IMEP) and all other COA memory services.

The Sunshine Center offers supervised care for dementia and Alzheimer's patients and their families, and the IMEP Program addresses the growing need for professional and compassionate early intervention care for those just beginning to experience memory issues.

Other services include community caregiving and caregiver support.

For more information on the tournament or sponsorship opportunities, call Linda Trevlyn at (904) 209-3684 and visit [www.coasjc.com](http://www.coasjc.com).

## Memory Enhancement Program in full swing at PV Memory Care Center

The newest location of the COA Memory Enhancement Program at the Ponte Vedra Memory Care Center is in full swing. Enrollment is open for the Tuesday/Thursday class that meets from 9:00 a.m. to 2:00 p.m. Class size is limited to 10 participants. There is a fee for this service, with subsidies available for those who qualify. Call Kathy Cinney at (904) 729-9163 for more information.

## Happenings at the Players Community Senior Center

Located at 175 Landrum Lane in Ponte Vedra Beach.

The Players Community Senior Center will host a special six-week lunch and Learn entitled "Who Am I?" on Mondays (11:30 a.m. to 1 p.m.), starting March 21 and running through April 25. Join local author Robert Gold for this special six-week session and learn how to write a memorial about your successes, loves, experiences – stories that you can leave your children and grandchildren. Lunch will be available. Limited seating. Call (904) 280-3233 to register.

**Upcoming Tuesday/Thursday 11:00 Programs**

**Thursday, March 17** - St. Patrick's Party, Musical entertainment with

Steve Chapman

**Tuesday, March 22** - Celtic music by A Road Less Travelled

**Thursday, March 24** - Easter Party! Musical entertainment with Daniel Scheider

**Tuesday, March 29** - Matanzas Tappers

For more information on any of the classes or activities at THE PLAYERS Community Senior Center, Council on Aging, please call Darlene Mahany or Marian Ashton at 280-3233 or visit our website [www.coasjc.com](http://www.coasjc.com)

## River House Updates

Located at 179 Marine St., St. Augustine

**Art Class at River House:** This 6-week session with Shawn Krise is geared for the beginner or intermediate who would like to improve their skills. The first class will focus on drawing tips and the remaining classes will be painting with acrylics.

Classes are Thursdays from 9:30 a.m. to 12:30 p.m., beginning Feb. 18 at River House. Call (904) 209-3655 to reserve your place. Cost to River House Activity Members is \$70 and \$80 to non-members.

**Author Luncheon at River House:** Dr. Ann Browning Masters is the author of *Floridanos*, *Menorcans*, *Cattle-Whip Crackers: Poetry of St. Augustine*. A St. Augustine native, she is a 12th generation Floridian.

Author luncheon will be at River House, on Tues., Feb. 23, from 11:30 a.m.-1:30 pm. For reservations, call (904) 209-3655. Cost of plated lunch and presentation is \$15.00.

**Ageless Grace:** Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that acti-

vates all five functions of the brain: analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination.

It simultaneously addresses all 21 physical skills needed for lifelong optimal function.

The movements are designed to be performed seated in a chair. Almost anyone can do them, regardless of most physical conditions.

Classes will be on Tuesdays starting March 1, 2:00-3:00 p.m., at River House. Call (904) 209-3655 and reserve your place.

## Volunteer opportunities with the Council on Aging

**MEALS ON WHEELS:** 180 MARINE ST.

A volunteer is needed to pack Meals on Wheels Thursdays from 9 – 10:30 am. A Meals on Wheels driver is needed alternating Fridays for the Fruit Cove route. Call (904) 209-3686 or email [aleach@stjohnscoa.com](mailto:aleach@stjohnscoa.com)

**SUNSHINE CENTER:** 180 MARINE ST. Volunteer needed for Wednesday 1 – 4 pm to assist seniors with games, activities, and crafts. Call (904) 209-3686 or email [aleach@stjohnscoa.com](mailto:aleach@stjohnscoa.com)

**RIVER HOUSE:** 179 MARINE ST. Volunteers for café assistance (including customer service and kitchen prep) are needed Monday from 9 am – 1 pm and Wednesday 6 am – 12 noon. Duties. Call (904)209-3686 or email [aleach@stjohnscoa.com](mailto:aleach@stjohnscoa.com)

**THE PLAYERS COMMUNITY SENIOR CENTER,** 175 Landrum Lane, Ponte Vedra, FL 32082.

Volunteer receptionists are needed Monday and Wednesday from 9 am – 2 pm to answer phones and welcome participants. Energetic kitchen volunteers are needed to help

prepare and clean up after Tuesday & Thursday congregate meals. Occasional volunteers are needed to set up for classes, activities and special events. Call (904) 209-3686 or email [aleach@stjohnscoa.com](mailto:aleach@stjohnscoa.com)

**PONTE VEDRA MEMORY CARE CENTER:** 1050 A1A N., Ponte Vedra, FL 32082

Our new Memory Care Center is now open in Ponte Vedra and several volunteers are needed for various duties: Integrative Memory Enhancement Program assistants, clerical help and receptionists. Mondays 8:30 am – 2:30 pm preferred but flexible. Call (904) 209-3686 or email [aleach@stjohnscoa.com](mailto:aleach@stjohnscoa.com)

**HASTINGS CENTER-** The Lord's Temple 140 Gilmore Street, Hastings, FL 32145

Volunteer is needed to assist the seniors Fridays from 10 – 1 pm. Duties include assisting with projects and activities plus serving and cleanup of lunch. Call (904) 209-3686 or email [aleach@stjohnscoa.com](mailto:aleach@stjohnscoa.com)

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# Tips for avoiding IDENTITY THEFT

By Jennifer Logue

Margot Somerville was enjoying retirement when she lost her wallet one day on a San Francisco streetcar.

A retired Wells Fargo Bank vice president, Somerville reported the loss to her bank, credit cards and other institutions. Several months later, however, the California grandmother opened her door to find police officers from Wheatridge, Colorado, who arrested Somerville and led her away in handcuffs.

It seems another woman had used Somerville's identity to bilk banks and individuals of more than \$60,000. And while the felony charges were ultimately dropped, Somerville told NBC News that it cost her \$50,000 and a lengthy, stressful legal ordeal to prove her innocence.

According to the Bureau of Justice Statistics, 17 million people each year fall victim to identity theft – and a significant percentage of those are seniors. Financial experts say identity thieves often target seniors because they are

IDENTITY continues on Page 25

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# Identity

Continued from 24

perceived as being more trusting and having sizable savings.

“Seniors can be especially vulnerable to phone scams,” noted Brooks Werkheiser, a certified identity theft risk management specialist and an independent associate with LegalShield in Jacksonville. “A smooth talker often can get information out of a senior over the phone that they wouldn’t give out in person.”

## Common forms of identity theft

While most people think of identity theft in relation to credit cards and bank accounts, experts say identity thieves often target other forms of identification. For example, Werkheiser said thieves might use your Social Security number or other forms of ID to rent an apartment, get a job or access your Medicare account – with potentially deadly consequences.

“Someone might steal your Medicare account number,” he said, “then later you go to the hospital and find that your blood type has been changed, or that your medical records now say you have diabetes.”

## Prevention Tips

Here are a few tips for avoiding identity theft:

- Leave non-essential IDs at home:

Whenever possible, leave your Social Security card, Medicare card, and other items with personal information at home in a secure location. Also, never leave your wallet or purse unattended in an unlocked car or public place.

- Be ‘share wary’: Refrain from giving your Social Security number or other personal information to anyone other than a highly trusted source.

- Be careful on social media: You’d be amazed at what identity thieves can learn about you from your social media profiles – everything from your name and town to the names of your children, where you work and other information that could be used to assume your identity.

- Shred old statements: Shred any statements with personal information before throwing them away.

- Consider identity theft protection: For a nominal monthly fee, identity protection companies will monitor your accounts, alert you to any suspicious activity and help restore your identity if it’s stolen.

“It’s always better to be protected up front,” Werkheiser said. “Because once you’ve got something on your record, it’s not a trip through the drive-thru at McDonald’s to get it off.”

*Jennifer Logue is the owner of FirstLight HomeCare, a non-medical home care company that help seniors maintain their independence and stay in their own homes. For more information, call (904) 770-3220 or visit [www.firstcoast.firstlighthomecare.com](http://www.firstcoast.firstlighthomecare.com).*

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# Renovating to age in place?

## Focus efforts and budgets on bathrooms and kitchens, experts say

No one relishes the prospect of having to move out of his or her home due to age-related health, mobility or dexterity issues. In fact, more than half of homeowners 60 and older say they intend to stay in their current homes indefinitely, according to a recent survey by Houzz. Fortunately for people who want to stay put, a range of home improvements can make it easier to remain in your home as you grow older.

In fact, 60 percent of those who plan to age in place already made renovations in 2014, and 52 percent plan to renovate this year, Houzz found. What's more, if cost is what's holding the handful of non-renovators back, targeting key areas like bathrooms and kitchens can improve a house's long-term livability even on a modest budget, says Lee Saunders, founder of Adapted Living, a California-based company specializing in aging-in-place design work. Founded in 2007, the company has helped thousands of homeowners redesign their houses to facilitate aging in place.

"We've seen steadily increasing demand for this kind of design work and products," Saunders says. "The growth in the industry and availability of products has been huge. Today, the biggest challenge we have is getting people to understand they don't have to settle for an industrial or commercial look in order to renovate their homes for aging in place."

Chris Peterson, a regional sales director with Saniflo, agrees. His company makes a number of above-floor plumbing options designed to work in spaces where traditional plumbing is problematic. As the aging-in-place trend has grown, the company has seen increased interest in its products among older homeowners who are renovating.

"Budget is typically a consideration for these types of projects and above-floor plumbing is often more cost-effective than traditional plumbing for homeowners who need to add or relocate a bathroom or reconfigure a kitchen," Peterson says.

Homeowners can maximize the value of their renovation dollars by focusing their aging-in-place improvements on bathrooms and kitchens, Saunders adds.

### Better function in bathrooms

Often when people develop mobility or dexterity issues, they find their existing bathrooms are not in a convenient location in the house, or aren't configured with safety in mind. They may need to add a bathroom in a small



space or reconfigure the ones they have. When renovating an existing bath or creating a new bathroom where one did not previously exist, homeowners should keep key considerations in mind.

Multiple light sources can help reduce glare and shadows - two dangerous visual effects in bathrooms, where most home falls occur. Flooring material should be slip-resistant and grab bars are essential in showers, bath tubs and near toilets. Shower heads should be on a slide bar that allows the spray to be raised or lowered depending on

the needs and height of the user. Showers and faucets should be controlled by levers, rather than knobs, and all showers should have thermostatic controls to reduce the risk of burns.

Whether you're adding a half bath in a corner of your master bedroom where no bathroom existed before, or replacing a high step-over tub with a roll-in shower, traditional plumbing can be costly - especially in homes with slab foundations and no readily accessible below-floor drainage. Saunders uses the Sanigrind Pro system by Saniflo to minimize the need to break

through concrete. The product can handle drainage for a shower, sink and toilet. For more information, visit [www.saniflo.com](http://www.saniflo.com).

### Creating more usable kitchens

Kitchens are another high-utility and high-risk area of the home for seniors. Mobility and dexterity challenges can make everyday tasks like cooking and cleaning difficult to achieve in an ordinary kitchen.

Saunders recommends seniors focus on improvements to enhance accessibility, such as installing lifts for countertops, cabinets, cooktops and sinks. These electric lifts allow homeowners to adjust the height of key work areas depending on whether they're sitting or standing while using the spot.

Above-floor plumbing can also be useful in kitchen renovations, where homeowners and designers desire a more open floor plan to accommodate wheelchair users. Above-floor plumbing allows you to relocate a sink or create an "island" without the expense of extensively replumbing the entire kitchen, Peterson notes.

To learn more about above-floor plumbing and products that enhance living-in-place renovations, visit [www.saniflo.com](http://www.saniflo.com). To learn more about adaptive living products and design, visit [www.adaptedliving.com](http://www.adaptedliving.com).





## Protect your sight with this little known nutrient

There's an existing nutrient that is incredibly important to your eye health. However, odds are you've probably never heard of it.

The nutrient is called zeaxanthin (pronounced Zee-ah-zan-thun). The antioxidant, along with lutein, is found in the back of the eye as a component of the macular pigment. Light enters through the front of the eye, or pupil, and projects onto the retina, a light-sensitive wall of cells at the back of the eye. The retina has millions of photoreceptor cells known as rods and cones, which are responsible for central and peripheral vision.

The macula, located in the center of the retina, is responsible for discerning color and fine detail. This area mostly includes cones. The cones in the fovea are smaller and more densely packed. They are not obscured by a layer of nerve cells or blood vessels. This accounts for the sharp vision associated with them. This is where zeaxanthin is deposited by the body in the highest concentrations.

Zeaxanthin and lutein are antioxidants that protect against light-induced oxidative stress, functioning like "internal sunglasses" to protect the photoreceptors and provide visual performance benefits. In nature, lutein and zeaxanthin appear to absorb excess light energy to prevent damage to plants from too much sunlight, especially from high-energy light rays called blue light.

Increasing zeaxanthin intake helps maintain visual performance over the long term.

Certain benefits to ensuring an optimal supply of zeaxanthin to one's diet includes:

- Enhanced visual acuity - improved vision in fine detail situations like needlepoint or reading in low light situations.
- Reduced glare recovery time - faster recovery from temporary

"blindness" caused by high intensity lighting, such as automobile or stadium lights.

- Improved contrast sensitivity - ability to discern objects from their background, e.g., seeing a white golf ball or baseball clearly against a light blue sky.
- Diminished light sensitivity and visual discomfort - less visual discomfort in sunlight or when exposed to bright light.
- Increased visual processing speed - seeing an object more clearly, enabling improved processing speed and reaction time.

There are more than 600 carotenoids in nature. Fifty are found in the food chain. About 12 are measured in the human bloodstream. Lutein and zeaxanthin are the only two naturally occurring carotenoids found in the macula. The body does not make zeaxanthin or lutein. Although zeaxanthin is found in foods, like paprika and goji berries, available data indicates the foods containing these nutrients are not abundantly consumed by the average American.

A study published in American Journal of Epidemiology, found higher levels of lutein and zeaxanthin in the diet are associated with a lower incidence of Age-related Macular Degeneration (AMD). AMD destroys central vision and is the leading cause of severe vision loss in adults over the age of 55. There is no current cure for AMD and the effects are irreversible.

While there are certain non-modifiable risk factors, there are also risk factors that can be modified. Quitting smoking, incorporating a healthy diet and having a healthy body mass index are ways to reduce the risk. Incorporating a supplementation with lutein and zeaxanthin, like EyePromise, can also help protect as well as preserve vision.

— BPT

## 5 common heart health myths debunked

As the number one cause of death in both men and women, knowledge is power when it comes to preventing heart conditions. Whether it runs in your family or not, this is one health issue you shouldn't ignore.

"Unfortunately, everyone has an old wives' tale associated with heart disease and cardiovascular health, says Dr. Andy Manganaro, chief medical officer at Life Line Screening. "For example, many women don't know they are more likely to die of heart disease than breast cancer."

Dr. Manganaro helps separate some myths from reality to keep you in the know:

### 1. Heart disease is the same in men and women.

Although men and women share many of the same risk factors for heart disease, there are differences in the way the disease treats each gender's body, according to Harvard Health Publications. Women tend to develop heart disease an average of 10 years later than men, and have a greater chance of dying from the disease. Women have smaller hearts and coronary vessels, which often makes heart surgery difficult. In fact, heart disease is the number one killer of women, so women especially should talk with their doctors about developing a heart health plan.

### 2. If it runs in your family, there's nothing you can do about it.

Even if heart conditions run in your family, these diseases are still 80 percent preventable. Healthy behavior changes like losing weight, increasing exercise, eating a healthier diet and keeping your cholesterol in check will help you make tremendous strides towards heart health. The power of pre-

vention is undeniable, especially with preventative screenings that identify risk factors for heart disease and stroke early on. Life Line Screening offers affordable, preventative cardiovascular screenings conveniently in your community.

### 3. Heart disease doesn't affect fit and active people.

No matter how many marathons you run or yoga classes you take, you may still be at risk for a heart condition. There are plenty of other factors that can put you at risk, like high cholesterol, poor eating habits, elevated blood pressure, and smoking.

### 4. Heart disease always exhibits the same symptoms.

While you might be under the impression that a heart attack always involves extreme chest pain, 64 percent of women who die suddenly of coronary heart disease had no previous symptoms, according to the American Heart Association (AHA). Women are more likely to experience back or jaw pain, dizziness and lightheadedness, shortness of breath or nausea and vomiting.

### 5. Once you have heart disease, it's too late.

It's never too late to treat or prevent heart disease. Your lifestyle plays a crucial role in both controlling risk factors and caring for heart disease. Simple behavior changes like those mentioned above plus consultation with your doctor can help keep your heart, and entire circulatory system, humming along.

Don't let these common myths cost you your life. Manage your heart health and learn how to take preventative measures at [lifelinescreening.com](http://lifelinescreening.com).

— BPT





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# PONTE VEDRA BOYS State soccer champions

**Jerry Norton**  
Special to the Recorder

The Ponte Vedra Boys' soccer team not only captured the District 3A state soccer championship last Friday evening, they did so by winning their 27th straight game without a loss. Immokalee was the team's 27th victim in the title game, a game that was never in doubt. The extent of the Sharks' domination is evident in shots taken — Ponte Vedra out shot the Indians 24-2.

Ponte Vedra jumped in front early when, at the eight-minute mark, Chris Howard's header off a corner kick found the leg of Johnny Stephens. Stephens guided the ball past the Indian keeper and the Sharks led 1-0.

Ten minutes later Howard had a hand (or rather a head) in the next Ponte Vedra goal. His set in front of the Indian net found Jack Bingemann's head. Michael Bennett anticipating the feed from Bingemann, swooped in

to drive home the Sharks' second goal of the game and his 45th of the season.

The Sharks would not score again in the half but not due to any lack of effort on their part. At the twenty minute mark, Nick Kostrubsky, after taking a pass from Stephens, appeared to have a near certain goal, however his shot hit the cross bar. Then Munir Adamo, who played an inspired game, was denied when his shot glanced off the post. Moments later Bingemann converted an Adamo pass but was ruled offside. Adamo's frustrations continued when his rocket shot was deflected over the crossbar. The second half was even worse for Immokalee. They suffered the embarrassment of an "own goal" when pressure by Kostrubsky caused the Indian defender to boot the ball errantly into his net.

Bingemann, whose motor never stops, was

CHAMPIONS continues on Page 31

## Sharks win regional basketball opener against Gainesville Eastside

**Jim Moyes**  
Community Submission

With their 76-55 stomping of Gainesville Eastside last Thursday, the Sharks advanced to the Regional Semi Finals Tuesday when they hosted Alachua Santa Fe. The Sharks bested Alachua 59-54.

The win by the Sharks puts them in the Regional Finals and a berth in the Sweet 16 tomorrow night (Friday, February 19). A loss would have marked the end of what has been a surprisingly successful season that has seen Ponte Vedra's boys basketball team win 18 games, their second highest win total in school history.

Not since the 2011-12 Ponte Vedra squad upset Bishop Kenny in the regional first round as a Shark squad advanced this far in the school's brief history. This time however, the Sharks did not have to fight to the final buzzer to advance.

Playing their best half of the season, the Sharks put on a clinic in the first two periods by outscoring the visitors from Gainesville 49-18. The 49 points fell but one point shy of the 50 points tallied by the Beau Beech-Jackson Johnson led team in a victory over Bartram Trail in the 2011-12 season.

Jackson's younger brother Matt, teamed up with JD Pirris as the Sharks deadly duo each scored 15 first half points, as the Rams from Eastside left the court at halftime stunned by the dynamic Shark attack.

Pirris and Johnson got some valuable help from their mates as the Shark's ball movement was at its season's best. Eastside led early in the contest 6-3, but the rest of the half belonged to the Sharks. Coach Bud Beech got a huge lift from his bench, when midway through the opening stanza, he inserted 6'7" sophomore Jack Johnson and 6'0" junior Chris Tomacewski into the lineup.

Weakened somewhat with a bout with the flu earlier in the week, Johnson quickly changed the tempo of the game into the Shark's favor. Blocking, or altering, a number of Eastside shots, as well as controlling the defensive backboard, Jack Johnson's outlet passes following a defensive rebound keyed a number of fast breaks that turned into easy Shark baskets.

SHARKS continues on Page 33

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# Champions

Continued from 29

rewarded for his effort. With 6 minutes left he stole a ball in front of the Indian cage and slipped it behind their keeper for the fourth and final Ponte Vedra goal.

To make it to the title game, the

Sharks survived a scare against Tampa Jesuit in the semi-final round falling behind 2-0. It was the first time all season in which in which Ponte Vedra played from behind.

After being outplayed for most of the first half, Bennett put the Sharks on the scoreboard trailing 2-1 with five minutes left in the half.

The Sharks regained control of the match in the second half as Tampa

played cautiously trying to protect their lead.

Howard converted a corner to tie the game in the 63rd minute then Bennett delivered the game winner with five minutes left to play.

It was a magnificent season for the Sharks who won their second state championship in three years. This

quotation by T. Alan Armstrong best summarizes the boys' achievement:

"Champions do not become champions when they win the event, but in the hours, weeks, months and years that they spend preparing for it. The victorious performance is merely the demonstration of their championship character."

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# Nease grapplers top Sharks in matchup

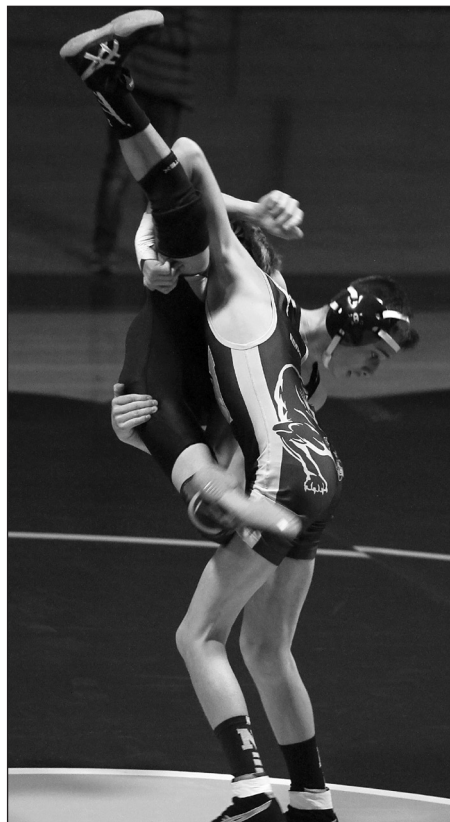
**Jerry Norton**  
Special to the Recorder

The Ponte Vedra Sharks traveled across the intracoastal on Wednesday for a match with archrival Nease and came out on the losing end of a 42-27 score.

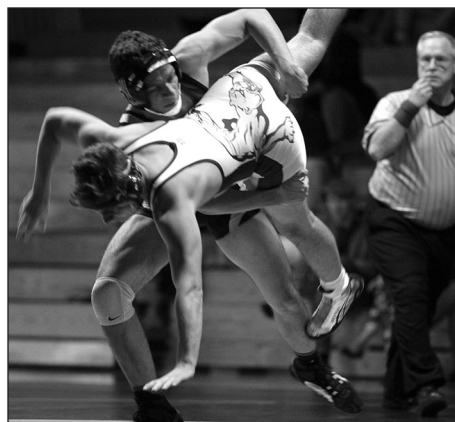
The Panthers registered four pins and two decisions in the match compared to three pins and one decision for Ponte Vedra.

Panther winners included Sean Arnold by pin in the 106-weight class; Brenden Teaman by pin in the 113-weight class; Tristen Lucessi by pin in the 126-weight class; Dalton Kolke by a 6-1 decision in the 145-weight class; Jeffrey Mantz by a 6-3 decision in the 152-weight class; Michael Steinhour by pin in the 195-weight class.

Shark winners were James Stanton by pin in the 132-weight class; Harrison Crowley by pin in the 138-weight class; Ricky Davis by a 6-5 decision in the 170-weight class; Zach Gregory by pin in the 182-weight class.



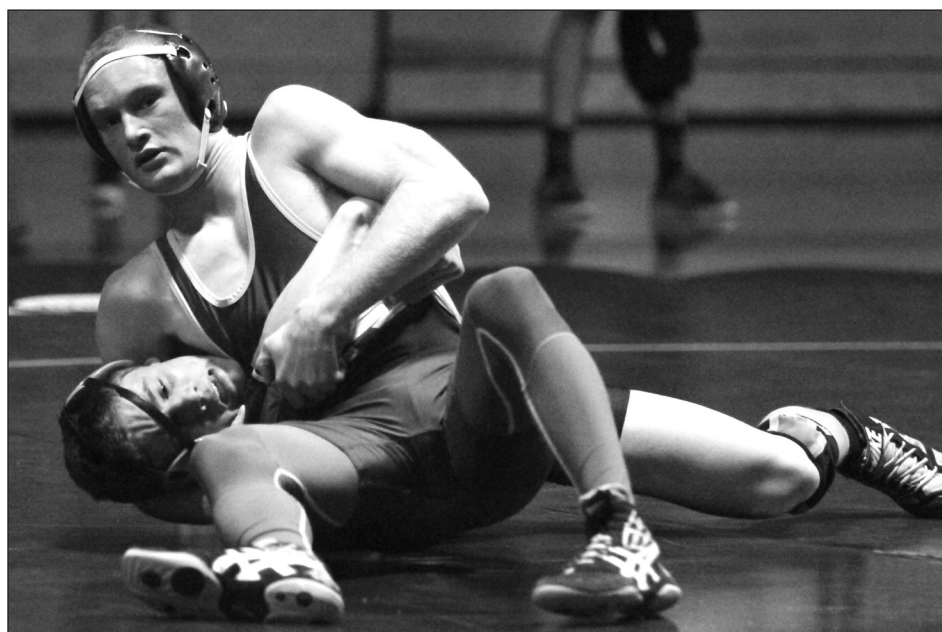
Photos by Chris and Jerry Norton  
Sean Arnold of Nease is about to take down the Sharks Preston Turner. Arnold pinned Turner in the 106 # class.



The Sharks' Ricky Davis takes Bailey Deitch for a ride enroute to a decision in the 170 # class.



The Panthers Tristen Lucessi has Jack fox of the Sharks in a vulnerable position, Lucessi pinned Fox to win the 126 class event.



Dalton Kolke of Nease has control over the Sharks' Marshall Faye in the 145 class. Kolke earned the decision.



Quinlan Richmond hits a 2-run homer for the Sharks.



Taylor Bradshaw smacks a base hit for the Sharks.



Kiley Hennessy lays down a perfect sacrifice bunt for Ponte Vedra.

# Sharks softball mercies Ridgeview

**Jerry Norton**  
Special to the Recorder

The Lady Sharks softball team keeps rolling along behind solid pitching and clutch hitting. The Ridgeview Panthers were their most recent victim on Thursday evening losing 15-1 in five innings.

The Sharks scored early and often posting four runs in the first, seven in the third and five in the fourth. The Panthers scored an unearned run in the fourth.

Hits by Michelle Leone, Farley Callaghan, Maddie Sypniewski, Taylor

Bradshaw and Loren Struble produced four runs in the first for the Sharks. They added six in the third with the big blows coming on singles by Sypniewski, Bradshaw and Kiley Hennessy, a sacfly by Struble followed by a round trippers by Abby Zitello (a three-run blast) and Quinlan Richmond (a two-run blast).

Sypniewski's third hit combined with three walks, a hit batter and three wild pitches produced five runs in the fourth for Ponte Vedra.

Michelle Holder pitched three innings and earned her fourth win and Nicole Johnson pitched two innings.



Farley Callaghan lines a base hit for the Sharks.

Photos by Chris and Jerry Norton



**SOCCKER NOTEBOOK**

# Armada overcomes first half goal to win second preseason match

**Mike Bonts**

Special to The Recorder

The Jacksonville Armada FC of the North American Soccer League (NASL) overcame Kaká's first-half free kick goal to post a 2-1 preseason win over the Major League Soccer's (MLS) Orlando City SC on Saturday night at Community First Park.

"All due respect to their organization, but if anybody says it's a friendly game and they didn't care to get the win, obviously I would have to disagree with that," said Armada goalkeeper Miguel Gallardo. "You could see the intensity those guys were playing with — especially in the first half. They were getting upset when they weren't getting calls or when my team-

mates would steal the ball."

The Armada second half offense was highlighted by scoring on a free kick from defender Mechack Jérôme. Then a long strike from forward Alhasane Keita that beat goal keeper Earl Edwards Jr. to secure the second preseason win in as many matches.

"The last thing we said coming out of the locker room was find a way to win the game and we did that," said Armada first year head coach Tony Meola. "The atmosphere probably gave them a little extra boost. I'm proud of the effort. I thought we were really organized against a very good team, especially in the second half when we figured it out a little."

The Armada, entering their second

NASL season, features five field players who are new to the club. Orlando City has just one new field player, as well as the reigning MLS Rookie of the Year in Cyle Larin and a former FIFA World Player of the Year in Kaká.

"I'm really pleased with this game for us. Thought it was a good first half with a lot of positivity. Considering we are two weeks out, I thought there was a lot of good stuff happening in the game," said Orlando head coach Adrian Heath. "Did we want to win, yes, but that's not what these games are all about."

The Armada will be back in action on Feb. 24 at the University of North Florida before hosting the MLS's New York Red Bulls on Feb. 27 at 6 p.m.

# Sharks

Continued from 29

Tomacewski, meanwhile, brought his usual energy to the floor with his defense and ability to slash past his opponent to score on driving layups. All seven players used in Coach Beech's rotation scored in the first half, leaving the visitors in severe danger of playing with a running clock in the second half.

Three times early in the third quarter the Shark's we're within a basket from a mercy rule 35 point advantage, only to have Gainesville stave off their possible embarrassment with a gallant second half effort. The Sharks took a 32 point lead into the final period and were satisfied to just coast to the victory.

Pirris and Matt Johnson did an outstanding job of filling out the stat lines. Pirris would finish with 24 points to go with a half dozen assists and rebounds. Johnson, after tallying 15 first half points, was content to get his teammates involved in the second half action. The senior captain had 17 points and six assists while his lone turnover was on an offensive charge.

The recipient of some nice kick out passes from his fellow sharks, Jack Shannon does what he does best — shoot — and finished with 11 points, nine of those coming from his first of three consecutive makes on three-point shots.

Gainesville Eastside's veteran coach Herman Williams lamented to a local court side reporter that his team's youth contributed heavily to the defeat. Perhaps Williams wasn't aware Ponte Vedra has a very young squad of their own, as Matt Johnson was the only senior who dented the scoring column for the equally young Sharks.

Jack Johnson demonstrated that he could very well be the missing crown jewel if the Sharks are to continue deeper into this year's FHSAA playoffs. Johnson, in very limited minutes, led the Sharks with nine rebounds, five blocked shots and a slam dunk that contributed to two of his five points scored on the night.

If the Sharks were to have emerged victorious this past Tuesday, fans will have to await the outcome from the other game within their regional between Zephyrhills and Nature Coast to decide their opponent and venue. A win by Nature Coast would assure Ponte Vedra of playing host, a Zephyrhills win would have the Sharks take to the road.

# Big hat, no cattle: avoid being a financial pretender

Imagine if a federal law mandated that everyone's finances must be transparent. In other words, we would all know each other's assets and liabilities with just a click of a mouse. Of course, that would never happen, but if it did, I steadfastly argue that the way we spend and invest our money would change considerably.

Regrettably, as my good friends in Texas like to say,

"Too many folks are all hat but no cattle." Said differently, these "pretenders" talk a big game but have nothing to show for it. On the other hand, there are the "invisible wealthy" individuals who have no fancy cars, no \$5,000 watch, and no McMansion. I suggest that these "undetectable" wealthy people are truly the most financially savvy. They prefer to fly under the radar by making no ostentatious display of wealth, as they prefer to remain anonymously wealthy rather than deceptively poor. In contrast, the deceivers parade a remarkable display of wealth and happiness while often living paycheck to paycheck. These charlatans take great pride in wanting everyone to know what they have accomplished, to the point of making dangerous financial decisions.

A fascinating book in my library is The Millionaire Next Door. An executive summary of the paperback might align with one of my favorite quotes from author Dave Ramsey, "People buy things they do not need with money they do not have to impress people that they do not like, or even know". Said another way, too many of us spend an excessive amount of money on things that do not matter while spending too little on things that do. To underscore Ramsey's notion, check out the following tidbits that Stanley uncovered from his 20 years of research on the wealthy:

- People who are not millionaires drive 86% of luxury car sales.



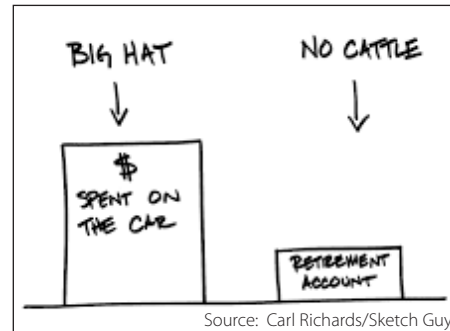
**Harry Pappas**  
Columnist

- Millionaires pay about \$16 (including tip) for a haircut.
- Nearly 40% of millionaires buy wine that costs about \$10.
- Fifteen percent of "homeowners" with outstanding mortgage balances of \$4 million or

more are at least 90 days overdue with their payments.

This is how I see it: excessive consumption is a disease akin to addiction. We live in a society of "overextension", which means that too many of us choose to live better today at the expense of our tomorrows. I refer to this phenomenon as the pain of discipline vs. the pain of regret. As famed American entrepreneur, author, and motivational speaker, Jim Rohn said, "The difference is discipline weighs ounces while regret weighs tons." To emphasize this point, Stanley adamantly argues that we must buy smaller homes and own older cars if we genuinely want to be among the invisibly wealthy. Otherwise, we will likely become members of the UAW (under accumulator of wealth) club! A common characteristic of the organization's members is their excessive use of debt. Look at it this way; do you know anyone who got into big financial trouble because they did not borrow enough money? What about vice versa? Nuff said!

There is arguably no better feeling than having financial freedom, which is being debt free. It is easy to get there if we are diligent, make smart financial decisions, and defer gratification. Like most things in life, it is all about moderation. I am not suggesting that we all become a recluse miser hoarding all of our money



while sacrificing many of life's pleasures. However, what I am proposing is that we need to find a reasonable balance between consumption and building wealth so that that we do not succumb to the enormous pain of regret. Perhaps a good rule of thumb to keep us moving in the right direction is to use Stanley's Wealth Equation (.10 x age x income = expected net worth). For example, if a 50-year-old individual earns \$250,000 a year (.10 x 50 x 250,000) he/she should have a net worth of at least \$1,250,000. For many of us the results are a wake-up call and for others, it is a comforting feeling. The bottom line is that I learned a long time ago that the grass is indeed greener on the other side of the fence, but there is an excellent chance that a pretender painted it!

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# These boots were made for walking

**Bonnie Talley**  
Quiltlady

Back in the 60's, Nancy Sinatra, the daughter of song legend Frank Sinatra, recorded a song named, "These Boots Are Made for Walking." It was actually the only real 'song hit' that she made. Now days, everyone is wearing boots and walking everywhere in the world. There are big boots, ankle boots, toeless boots, heelless boots, knee boots, thigh boots, cowboy boots, etc. and the list goes on and on.

I got my first pair of boots in Texas at the age of 50! I joined the Sister City program in Ft. Worth, and went to Trier, Germany with the city officials as an Ambassador of Education. All of us went in full "western dress," as the Germans thought all Americans dressed like JR on the TV series, "Dallas." It was hilarious seeing the Mayor and all of us in cowboy boots, cowboy hats, big belts, etc. after seeing most of us in very professional dress. My cowgirl boots were white and I had a beautiful white cowgirl hat. It was

like playing "dress-up."

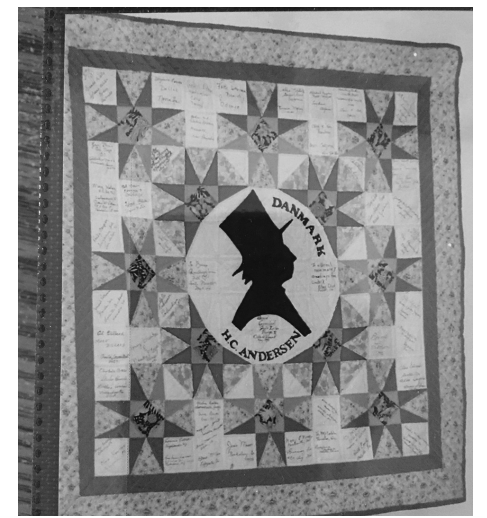
The Sister City programs are wonderful. We visited the city officials and Sister City members in Germany and then they came over and visited with us. They were so surprised when they came over to see us and we were in professional clothes and everyone else was, too. I got to return to Germany several times with this program, and always stayed with a lovely lady named Agnes, and her mother. Agnes loved my white hat. The last time I was there, I left my hat on the dresser in the bedroom so that she would find it when I was gone. Later, she wrote and told me that she wore it to the bakery to pick up the loaf of bread that they have for breakfast every morning. We have remained friends through all these years.

It was while I was on these overseas trips that I began hand quilting. It was about an eleven hour flight over and back. I took quilt blocks all cut out and hand pieced them on the plane. This was before 9/11, of course.

In about 1989, the Houston International Quilt group, headed up by Karey

Bresenham and her cousin, Nancy, organized the first "Quilt Expo" in Europe. There were about ninety of us who flew to Salzburg, Austria to teach classes at this first Exhibit. This is actually when quilting in Europe took off like 'gangbusters.' It was attended by ladies who had never seen quilts much less how to make them. It was great fun. I attended all of the Quilt Expos until 2009. My favorite one was when it was held in 1991 in Odense, Denmark, the home of Hans Christian Andersen. I had always loved his stories so it was wonderful seeing his home, etc. The quilters there were awesome.

A funny story about this trip: I was sitting in the hotel lobby in Odense visiting with some of the group of quilters from America. A nice lady was sitting next to me; when I saw her nametag, it was Bonnie. I turned to her and said that my name was Bonnie, too. I had taken little squares of fabric with me to get the group to sign a square for me to make a little memory quilt. It turned out that the lady named Bonnie was "Bonnie Lehman" who started the magazine, "Quilters'



Newsletter!" Another famous quilter in the group was Elly Sienkiewicz, the awesome Baltimore Album quilter. I met her in a park there in Odense one day and asked her to sign one of my little squares. She did, with her beautiful calligraphy handwriting. I treasure having that.

When I returned home to Ft. Worth, I made the memory quilt, and it was featured in the next Houston International Quilt Show. It is pictured here. The ladies that were on the trip enjoyed seeing all of the autographs that I had gotten. Memory quilts are great fun to make!

## THEME: THE OSCARS

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				

## ACROSS

1. Closet wood
6. Universal time
9. Baby's first word?
13. Courtyards
14. Galley equipment
15. Two-\_\_\_\_ like Janus
16. To eat greedily
17. "Much \_\_\_\_ About Nothing"
18. Give a speech
19. \*Tarantino's "The \_\_\_\_ Eight"
21. \*Matt Damon's nominated role
23. Party bowlful
24. Larger-than-life
25. \*Competitor to The Oscars' 2016 broadcaster
28. Mt. Everest to Earth
30. Like meters and kilograms
35. Foot curve
37. World's Fair, e.g.
39. Get wool from sheep
40. Hard to find
41. Rekindled
43. "The Road Runner" corporation
44. Not hidden
46. Black Friday event
47. London subway
48. Moves down
50. Theories
52. Relieve from
53. \*Oscar-winner De Niro in "Once \_\_\_\_ a Time in America"
55. Club on a card, e.g.
57. Barely adequate
61. \*Seven-time nomi-

## DOWN

65. Like a lemon, tastewise
66. \* \_\_\_\_ Cube outta Compton
68. Glittery stone
69. Place to throw shrimp on the barbie
70. \* \_\_\_\_ Heflin, Supporting Actor winner in 1942
71. With clear mind
72. Moore in "Arthur" and Belushi in "Animal House"
73. Paris in Tour de France, e.g.
74. \*What the winner for Film Editing does

## SUDOKU

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

26. Audience's approval
27. Nut holder
29. \*The two leads in 1979's "Kramer vs. Kramer"
31. Not this
32. Happen again
33. More than one iamb
34. \*It stars Stallone
36. This location
38. Great masters' medium, pl.
42. Allegro and lento, in music
45. \*Blacklisted screenwriter
49. Baden-Baden, e.g.
51. \*Firth, nominated for 2009's "A \_\_\_\_ Man"
54. EVOO source
56. Imposter
57. Rand McNally products
58. UN civil aviation agency, acr.
59. As opposed to gross
60. \*2001 Oscar-nominated movie starring #61 Across
61. Direct one's way
62. Sites
63. Leave on the cutting room floor
64. Kennedy and Turner
67. Campbell's container

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

To advertise in the **Worship Directory** call April at **904-686-3937**

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Sponsored by: Meeting at Serenata Beach Club  
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**400 San Juan Drive, Ponte Vedra Beach - 285-6127**  
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Sunday 7:45 AM, 9:00 AM, 11:15 AM - 5:30 PM Holy Eucharist  
10:15 AM - Christian Formation.  
Nursery available Sunday service.  
**Check out The Book Store at Christ Episcopal Church**  
Hours: Sun. 9 AM-12:30 PM, Wed. 10 AM - 7 PM  
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Visit [www.christepiscopalchurch.org](http://www.christepiscopalchurch.org)

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43,182 MILES, 1 TOUCH, CRUISE, STOCK #4045  
**\$27,999**



**2012 AUDI A5 2.0T PREMIUM PLUS COUPE**  
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**\$24,999**



**2015 AUDI Q5 2.0 PREMIUM PLUS AWD**  
25,843 MILES, 1 TOUCH, CRUISE, STOCK #3983  
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21,221 MILES, WIRELESS, MOONROOF, STOCK #4090  
**\$34,999**



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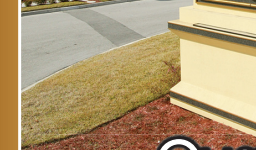
**2013 LEXUS RX350 PREMIUM FWD**  
38,492 MILES, WIRELESS, 1 TOUCH, STOCK #4031  
**\$32,999**



**2014 MERCEDES-BENZ E350 SPORT SEDAN**  
13,353 MILES, BLUETOOTH, CRUISE, STOCK #4042  
**\$33,999**



**2012 MERCEDES-BENZ E350 SPORT SEDAN**  
APPROX. MSRP \$56,115, 37,292 MILES, STOCK #3769  
**\$27,998**



**2013 MERCEDES-BENZ C250 SPORT SEDAN**  
APPROX. MSRP \$40,815, 41,918 MILES, STOCK #3853  
**\$22,998**



**2015 MERCEDES-BENZ C300 SPORT SEDAN**  
3,297 MILES, WIRELESS, POWER, STOCK #4041  
**\$34,900**



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**\$41,999**



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969 MILES, 6 SPEED, 1 TOUCH, STOCK #3976  
**\$19,999**



**2004 NISSAN 350Z TOURING ROADSTER**  
40,579 MILES, VALUE TRADE, POWER, STOCK #4055  
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**2014 NISSAN ROGUE SL FWD**  
35,976 MILES, 1 TOUCH, MP3, STOCK #4048  
**\$20,999**



**2006 PORSCHE 911 CARRERA S**  
35,670 MILES, AUTO, LEATHER, STOCK #3910  
**\$43,999**



**2014 TOYOTA SEQUOIA PLATINUM 4WD**  
21,295 MILES, MOONROOF, LOADED, STOCK #3971  
**\$47,999**



**2014 VOLKSWAGEN CC R-LINE SEDAN**  
3,126 MILES, AUTO, TURBO, STOCK #4073  
**\$22,999**



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**\$18,999**



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13,505 MILES, AUTO, LEATHER, STOCK #3973  
**\$23,999**



**2011 VOLKSWAGEN TIGUAN S**  
AUTO, WIRELESS, 1 TOUCH, STOCK #3862  
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**2013 VOLVO S60 PREMIUM SEDAN**  
30,954 MILES, PREM. AUDIO, STOCK #4085  
**\$20,900**



**2013 VOLVO XC90 PREMIUM 3.2L FWD**  
32,976 MILES, LEATHER, MOONROOF, STOCK #3695A  
**\$26,999**

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**998-9992**

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