

# Recorder

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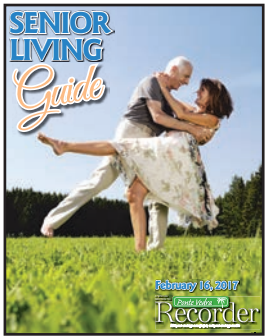
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**First responders' luncheon**

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**Senior Living Guide**

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**Power Tee**

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## SANDCRABS DEFEAT SHARKS

Shark keeper Brian Salzman goes high to gather in a Sandcrab shot. The Sandcrabs won the semifinal match 2-1, ending the Sharks' quest for a repeat state championship title. Read more on page 38. Photo by Chris and Jerry Norton

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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. 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.**



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

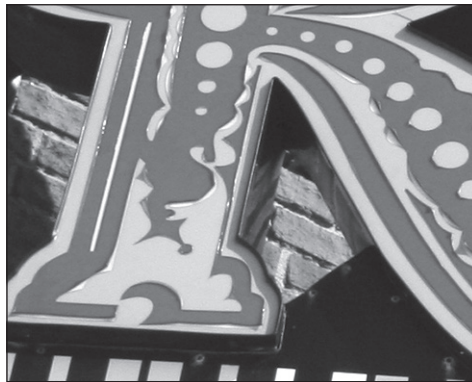
## PUZZLE SOLUTIONS

G	R	A	S	S	E	E	L	A	R	A	B		
R	A	N	U	P	S	K	I	A	G	A	V	E	
O	Z	O	N	E	P	E	T	T	E	N	O	R	
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I	C	Y	D	E	L	I							
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4	3	1	2	9	8	7	6	5				
6	9	8	4	7	5	3	2	1				
2	7	5	1	3	6	8	9	4				
1	6	9	3	5	4	2	7	8				
8	5	2	9	1	7	6	4	3				
7	4	3	8	6	2	1	5	9				
9	1	7	6	4	3	5	8	2				
3	2	6	5	8	9	4	1	7				
5	8	4	7	2	1	9	3	6				

Solutions correspond to last week's puzzles.

## WHAT'S THIS?



Do you know what this is?

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

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

Ten readers correctly identified last week's photo as Espling Jewelers. Winner of the random drawing was **Susan Travers** – congratulations, Susan! You may pick up your prize at the Recorder office during regular business hours.



## ADOPT A PET

### CAT OF THE WEEK

My name is Jag and I am a 4-year-old male cat who is looking for a new home. I was brought to the pet center as a stray. As this animal was a stray there may be some traits that are unknown at this time. Come visit us today here at the pet center! #35647



### DOG OF THE WEEK

My name is Bridget and I am a 3-year-old female terrier who is looking for a new home. I was brought to the pet center by some nice people who found me running around all alone with nobody to call my own. I love to play outside and nothing makes my little tail wag like going on long walks and then coming home for a long nap. As this animal was a stray there may be some traits that are unknown at this time. Come visit us today here at the pet center! #36276



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.

## St. Johns County Pet Center

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



**Susan Griffin**

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

**Jennifer Logue**

Managing Editor  
jennifer@opcfla.com  
(904) 686-3943

**Jon Blauvelt**

Reporter/Production Coordinator  
jonb@opcfla.com  
(904) 686-3939

**Jasmine Marshall**

Reporter/Office Assistant  
jasmine@opcfla.com  
(904) 686-3945

**Rob Conwell**

Circulation Manager  
rob@opcfla.com  
(904) 686-3936

**Ed Johnson**

Senior Account Executive  
ed@opcfla.com  
(904) 686-3940

**Kristin Flanagan**

Account Executive  
(904) 285-8831

**April Snyder**

Sales Assistant  
aprils@opcfla.com  
(904) 686-3937

**Cary Howard**

Page Designers  
pagedesign@theitem.com

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# WATSON COLLECTION



### MANDARIN BEAUTY

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Nestled on a beautiful wooded lot, this ranch style home has recently been updated with granite countertops and stainless steel appliances in the kitchen, new fixtures and tile in the bath and carpeting and paint in the master. MLS 865318



### THE PLAZA

**\$249,000**

Located on the St. Johns River, this stunning condo offers multiple amenities with 24 hr concierge service, fitness center, sauna, tennis courts, pool and steam room. The condo has been beautifully upgraded with hardwood floors, granite counters and much more. MLS 865026



### PALENCIA

**\$345,000**

Bring your rocking chairs, relax on front porch, enjoy this serene Palencia neighborhood. Extremely spacious home, 4 large bedrooms plus an office. Additional features include extensive moldings, kitchen island with 2nd sink, butler's pantry with 2nd oven, wood floors in major living areas & very generous closet space. MLS 865472



### RICHARD GRANT

**\$490,000**

This beautiful waterfront home will make everyday feel like a vacation with its quiet atmosphere. Spend your weekend mornings fishing from your personal dock or entertain visitors on the spacious screened lanai with salt water heated pool and spa. MLS 865710

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# Additional suspects arrested in Ponte Vedra Beach home invasion

By Jennifer Logue



SUMMERFIELD HATCH

Detectives with the Sheriff's Office Major Crimes Unit have arrested two additional suspects in connection with a home invasion and kidnapping that occurred in Ponte Vedra Beach last month.

Marcus Anthony Hatch, 16, was arrested Feb. 10 and charged with principal to false imprisonment, principal to home invasion robbery with a firearm and grand theft auto. He was booked into the County Jail on no bond and

turned over to the Department of Juvenile Justice.

Initially, law enforcement authorities had considered Hatch to be a possible victim in the case, and had issued an Amber Alert for his whereabouts the morning after the Jan. 9 home invasion, when two black males armed with handguns reportedly forced their way into a couple's residence on Great Harbor Way and began taking property. The intruders were later joined by a third suspect, who arrived holding an individual later identified as Hatch at gunpoint. The three intruders then tied up the couple and their roommate before leaving in the couple's car with Hatch allegedly held at gunpoint.

The following morning, authorities issued an Amber Alert for Hatch, who was later found safe in Jacksonville.

Also arrested last week was Omar Lee Summerfield,

32, of 12372 Blue Stream Drive in Jacksonville. Summerfield was charged with accessory after the fact to false imprisonment, grand theft auto and home invasion robbery with a firearm. He was booked into the county jail on bonds totaling \$45,000.

The arrests of Hatch and Summerfield follow the arrest of Kyle Andre Justin Byrd, 22, who taken into custody Jan. 13 by U.S. marshals for violating probation in Duval County. Following his arrest, St. Johns County detectives interviewed him regarding the Ponte Vedra home invasion; Byrd was subsequently charged with kidnapping, false imprisonment, home invasion and grand theft auto. According to the Sheriff's Office, he remains in the St. Johns County Jail in lieu of bond.

## LETTERS TO THE EDITOR

### The new regime

With our new president, we all see there is controversy and tumult. There are walks of protest. Let us face the fact that he was elected by our democratic process. A country divided will not stand. Of course there are issues that are difficult to deal with and many will take opposing views.

The protection of our borders and the immigration policies can have dire consequences on many families. But on the positive side, what if many terrorists are subsequently prevented from entering this country? We all know too well what potential catastrophes could occur if this would happen. And of course, we do have a system that provides a balance of power, with our House and Senate and judicial system. Subsequently, if some policies are too harsh, or not fully in line with the people, they can be fine-tuned or altered.

Abortion is another monumental issue. We all understand there are individuals who are pro-choice and believe a woman has a right to terminate the life of an unborn child. But,

on the positive side, that baby who is protected from abortion may grow up to be a teacher who positively transforms the lives of thousands of children, or a prolific writer who enlightens our culture, or a scientist or doctor who is responsible for finding a cure for multiple sclerosis or breast cancer. Could it not be true that these little people in the womb have so much potential to offer humanity? What about the tens of thousands of couples who would do anything to adopt a baby? Let us give our newly elected president a chance!

For those who harbor animosity against our new president over past statements, haven't we all said things in the past that we regret and would love to take back? Are we not "one nation under God?" What does that God say about forgiveness?

We elected him. Let us at least give Donald Trump a chance.

**Peter D. Kuhlman**  
Ponte Vedra Beach

### Attention all drivers! Distraction ahead

Hey St. Johns County drivers, are you familiar with digital billboards or DBBs? Well, you will be if the county allows for a change in the sign ordinance.

These are not the signs that FDOT installed for public safety. These are signs used primarily for advertising that are positioned off of the road in place of traditional billboards. DBBs are nothing new. They have been around for years. If you need to see one in person, all you have to do is drive north or south of the county lines. Some counties, states and countries are actually in the process of removing them because of public safety concerns.

One thing is for sure. We currently find ourselves in a world full of driving distractions, most of which we cannot

control (cell phone usage, advanced auto technologies, eating, drinking and smoking, etc.). However, we are in control of adding to it with digital billboards. If public safety is truly our highest priority in St. Johns County, let us continue the tradition by denying the implementation of the DBB program.

Let your opinions be known. Call, write or email your Planning and Zoning Agency and county commissioners but most importantly show up in person at the scheduled hearings (PZA-Feb. 16). Common sense tells me that we don't need a giant screen flashing to get our attention. Just thinking about DBBs has mine!

**Victoria Corlazzoli**  
Ponte Vedra Beach

## SHORT TAKES

### St. Johns County Greenway Trails Coalition Symposium

St. Johns County Parks and Recreation Director Wil Smith will host a St. Johns County Greenway Trails Coalition Symposium Feb. 16 at 6:30 p.m. at Bartram Trail High School. The symposium will cover the river to sea loop, the Gullah Geechee Florida Bike Tour Spring 2017, the Matanzas State Forest Trails and more. Issues and concerns will be featured in an open discussion. Bartram Trail High School is located at 7399 Longleaf Pine Parkway in St. Johns.

## Community park proponents to host public meeting

A public "town hall" meeting will be held to discuss a proposal by a group of Ponte Vedra Beach residents to purchase a portion of The Oak Bridge Club golf course and preserve it as a community park and botanical gardens.

To be held Tuesday, March 7 at 6 p.m. at the Ponte Vedra Beach Branch Public Library, the meeting will discuss options for raising the funds needed to purchase the property, which the golf course owners are proposing to sell for development. For more information, visit [www.SawgrassVillagePark.com](http://www.SawgrassVillagePark.com).

Read us online!  
[www.pontevedrarecorder.com](http://www.pontevedrarecorder.com)

# Local ‘celebrities’ donate ‘Tips for Kids Sake’ for Big Brothers Big Sisters

By Jennifer Logue

“Willie Nelson” and “Pat Benatar” were among the “celebrity waiters” who served patrons at two Ponte Vedra restaurants last week, donating their tips to Big Brothers Big Sisters of St. Johns County.

The 22nd Annual Tips for Kids Sake campaign saw local community leaders assisting patrons at both Aqua Grill and Bogey Grille, with all tips collected being donated to Big Brothers Big Sisters. And following the theme of “legendary rock stars,” several waiters dressed to impress. “Tips is always such a fun time,” said

Development Director Teresa Andrews, who noted the program was occurring at two dozen restaurants across St. Johns County. “Folks coming to the event not only eat a great meal, they have a great time watching their celebrity waiter serve them and have fun giving them a hard time. The entertainment of having a friend or family member as a celebrity waiter often provides additional reason to leave a big tip/donation.”

At Bogey Grille, celebrity waiters included members of the Rotary Club of Ponte Vedra Beach, including Vincent Grassia, Bruce Jones, Lorraine Dorsa,



Rotarian Kevin Flanigan serves food to patrons at Bogey Grille as part of Big Brothers Big Sisters’ “Tips for Kids Sake” program.

Kevin Flanigan, Derek Prince, George McCaughan and David Dunlap. At Aqua Grill, servers included Eden Kendall of 99.9 Gator Country; Amber Payne of Mint Magazine; Brian Anderson of Fluffy Cuts; and Michael Lenahen, Jeff Brecko, Bryant Eulenfeld and Julie Shafer of Aurora

Custom Builders.

A second “Tips for Kids Sake” event will be held at Bogey Grille Tuesday, Feb. 21 from 5 to 8 p.m. Proceeds from the events will support Big Brothers Big Sisters’ efforts to provide mentors to hundreds of local children.

## Ponte Vedra Beach resident teaches students through STEM project to help Latin American children learn English

Shannon Johnson, a Ponte Vedra Beach resident and Jacksonville Country Day School teacher, recently challenged her fourth-grade students to create inventions that can be used to help Latin American children learn English.

As part of a class on innovation, the STEM (science, technology, engineering and math) project prompted Johnson’s students to work in the school’s science lab and “makerspace” to design and create games, videos, 3D printed items, robots, animals made from recycled materials and websites. One specific team of students invented a Pac-Man toy that translates English via the use of headphones.

“This challenge helped to improve their problem-solving and teamwork skills, in addition to their pride in knowing that they can turn an idea into reality,” Johnson said.

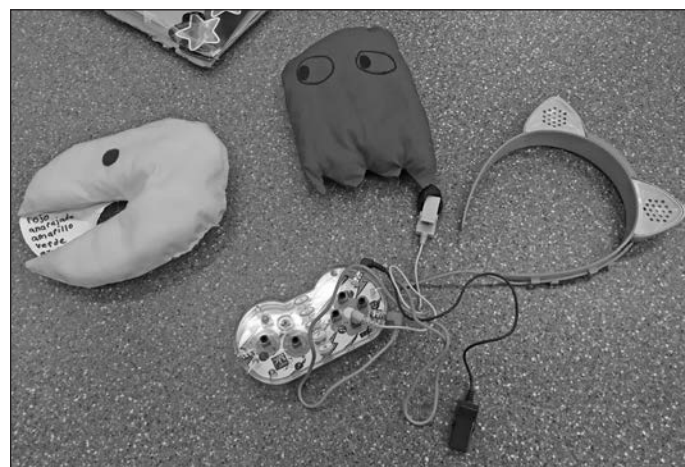
After creating their inventions, the students shared their projects with parents, siblings, other students, teachers and



Science teacher and Ponte Vedra Beach resident Shannon Johnson

administrators. During their presentations, they discussed the challenges they had to overcome in realizing their working models.

Throughout the project, Johnson’s students learned how to manage resources, compromise and work on a team.



A Pac-Man toy designed by Johnson’s fourth grade students translates English via the use of headphones.

Photos courtesy of Jacksonville Country Day School

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As president of Dodds Wealth Advisors (DWA), Brian Dodds provides financial planning, wealth management and retirement planning services that offer local families peace of mind. He lives in Ponte Vedra Beach with his wife, Sarah, and sons Bennett, 2, and newborn Roman.

## Brian Dodds

By Jennifer Logue

### What brought you to the First Coast?

DWA is a family owned and operated business founded in Ohio. We were looking to expand our reach and service to others and thought the Jacksonville area was a great fit for us.

### What services does Dodds Wealth Advisors provide?

DWA provides holistic financial planning and wealth management services on a completely independent basis. Conservative investors choose to do business with us because we help them reduce the risks associated with saving, investing and managing their wealth.

### What distinguishes your business from other wealth management firms?

Our business is walking beside people in servant leadership. Our niche is income solutions so that all of your energy can be focused on achieving your higher purpose. We give our clients clarity and confidence about their future.

### Dodds Wealth Advisors is a family business. How do you think that benefits your clients?

DWA currently has 10 family members working in our firm. Our clients like the fact that there is a succession plan in place and that we will be here to serve them for many generations to come. Our clients also have confidence knowing that whomever they speak with in our organization has the same set of high values and integrity, always putting the client first.

### What is the most common question you hear from clients?

The most common questions we hear is, "Will I have enough retirement income to enjoy life and not worry about the next market downturn?"

### Are there any topics or issues to which you believe people should pay more attention?

My advice would be to focus on things that are uplifting in life. Pay attention to things that will make your marriage better, make you a better team player at work, make you a better neighbor or friend, make you strong in your faith, make you a better you.

### A new presidential administration can create economic uncertainty in the markets. Do you have any advice for people on navigating this transition period?

Change is always scary. It's just how we are wired as human beings. But we have been here before, and having a sound financial plan should give you more clarity and confidence about your future, regardless of who is president.

### How do you enjoy spending your free time?

I enjoy spending my free time with my wife and two sons, flying as a private pilot, playing golf and staying involved in my local church.

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Photo by Jennifer Logue



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Thursday, Feb. 16	Friday, Feb. 17	Saturday, Feb. 18	Sunday, Feb. 19
<p><b>Derek Boyd Hankerson Lecture</b> The Beaches Museum and History Park will host author, film director and producer Derek Boyd Hankerson as he presents a lecture on "Spanish Florida: The Original Underground Railroad." Hankerson's lecture will take place Feb. 16 at 5:30 p.m. at the Beaches Museum Chapel. Admission is free for members of the museum, with a \$5 donation requested for non-members. For more details, visit <a href="http://www.beachmuseum.org/events/60/boardwalk-talk-derek-boyd-hankerson">www.beachmuseum.org/events/60/boardwalk-talk-derek-boyd-hankerson</a>.</p> <p><b>Grief Support Group</b> A grief support group meets on the third Thursday of every month at St. Paul's Catholic Church in Room 102 of the Family Life Center, located at 578 First Avenue North in Jacksonville Beach. The group is for men and women who are grieving the death of a family member or friend. The meeting will be held at 7 p.m.. For more information, call Kathy at (904) 553-8933 or Catherine at (904) 247-0665.</p> <p><b>Amelia Island Book Festival</b> The annual Amelia Island Book Festival happens this weekend. To be held Feb. 16-18 at locations throughout the Amelia Island area, the festival brings 100 authors from a wide variety of genres to Amelia Island for a variety of workshops, expos, gala events and more. One highlight of the festival is a free, daylong author expo Saturday, Feb. 18 at Fernandina Middle School where visitors can meet authors, attend book signings, enjoy family activities and more. For more information, visit <a href="http://www.ameliainland-bookfestival.org">www.ameliainland-bookfestival.org</a>.</p> <p><b>Life Enrichment Group</b> The Life Enrichment Group is designed for those with memory changes who want to remain mentally, physically and socially active, while giving caregivers and loved ones some free time for themselves. This program is offered daily, serving Jacksonville Beach and Ponte Vedra area. For more information call (904) 417-7354 or email <a href="mailto:life_enrichment_group@yahoo.com">life_enrichment_group@yahoo.com</a></p>	<p><b>Lang Lang in Concert at Symphony Gala</b> Internationally known pianist Lang Lang will make his Jacksonville debut at the Symphony Gala Friday, Feb. 17. To be held at the Robert E. Jacoby Symphony Hall in the Times-Union Center for the Performing Arts, the concert will begin at 7:30 p.m. Lang Lang will perform Bartok's Piano Concerto No. 2 in a Valentine's Day program titled "Valentines in Verona." The program will feature both Tchaikovsky's and Prokofiev's "Romeo and Juliet." The Symphony will also be celebrating the 20th anniversary of Jacoby Symphony Hall at this event. Tickets are \$75 and can be purchased at <a href="http://www.jaxsymphony.org">www.jaxsymphony.org</a>, by phone at (904) 354-5547 or through the box office in the Times-Union Center Monday through Friday between 10 a.m. and 4 p.m.</p> <p><b>Coastal Wine Market Wine Tasting</b> Coastal Wine Market hosts Friday wine tastings from 6 to 8 p.m. at 641 Crosswater Parkway, Suite B, Ponte Vedra Beach. Taste six wines for \$10. For more information, call (904) 395-3520.</p> <p><b>PV Professionals Networking Group</b> The Ponte Vedra Professionals Networking Group meets Fridays at 9 a.m. at Watson Realty Corp., 615 Highway A1A S., 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>Live Music at Table 1</b> Table 1 at 330 A1A N will host Robbie Litt live starting at 7:30 p.m. in addition to the entertainment, guests can enjoy bar bites starting at \$7 and two for one well drinks, domestic drafts and house wine by the glass.</p>	<p><b>Boat Safety Course</b> The U.S. Coast Guard Auxiliary, Jacksonville Beach Flotilla 14-04 will present a boating safety course Saturday, Feb. 18 where participants will learn in a classroom setting from highly experienced and qualified U.S. Coast Guard Auxiliary instructors. A federal and State of Florida course examination will be given after the class, and successfully passing the course will earn participants this State of Florida Boating Safety Education Identification Card. The cost is \$25 cash or personal check for training materials, which are kept by participants. The course will be held at The Sea School located at 14180 Beach Blvd. in Jacksonville. Class begins at 8 a.m. and students are encouraged to arrive by 7:45 a.m. to complete the registration process. Contact Bill Vaughan, USCG Aux, FSO-PA at (904) 955-7077 or at <a href="mailto:boatsafely04@gmail.com">boatsafely04@gmail.com</a>.</p> <p><b>Archaeological Institute Lecture</b> The Archaeological Institute of America-Jacksonville Society will meet at noon Feb. 18 in Building 51 at the University of North Florida for a free lecture by Dr. Eugene Cruz-Urube of Indiana University East. His presentation, titled "A Nubian Walks into a Christian Bar at Philae and Asks...," will address complex interactions between various Nubian groups in the south and the Roman rulers of Egypt. This lecture is free and open to the public. For more information, contact Melva Price at (904) 241-9411 or <a href="mailto:aiajaxsoc@gmail.com">aiajaxsoc@gmail.com</a>.</p> <p><b>Indie Author Workshop</b> Indie author Susan Kiernan-Lewis will share her tips for independently published authors at the Ponte Vedra Writers meeting Saturday, Feb. 18 at 10:30 a.m. in the Ponte Vedra Beach Branch Library. In a talk titled "The Key to Increased Book Sales is to Write Faster," Lewis will discuss how highly productive indie writers can earn more, and how writers can increase their own production with a little extra time, all while improving their skills.</p>	<p><b>'For the Love of Shakespeare'</b> A Classical Theatre (ACT) will present "For the Love of Shakespeare," a tribute to the Bard with a comedic trio of one act plays, Feb. 17-18 at 7:30 p.m. and Feb. 19 at 2 p.m. ACT invites audiences to follow the antics of its company of actors as they explore Shakespeare's world with tongue-in-cheek acts of "The Dark Lady of the Sonnets" by George Bernard Shaw, "SHAKE-Sappeal!" by Milton E. Polsky and "Something Rotten in Denmark" by Ann Karine. Tickets are \$20 for adults and \$10 for students and can be purchased at <a href="http://www.aclassictheatre.org/tickets">www.aclassictheatre.org/tickets</a> or by calling (904) 501-5093.</p> <p><b>Hans Hofmann: Works on Paper</b> Jacksonville's Museum of Contemporary Art will display "Hans Hofmann: Works on Paper" through May 14 featuring work by the acclaimed post-war abstractionist. In this exhibit consisting of more than 60 objects, examples of Hofmann's distinctive approach to self-portraits, figures, abstract pieces and landscapes showcase the artist's growth and evolution. Centered around his modestly sized paper works, consisting of pieces at various stages of completion, the exhibition aims to provide audiences with an accessible introduction to one of the most influential artists of recent history.</p> <p><b>Collection Tour</b> Join the Cummer Museum of Art and Gardens on Sundays for a guided tour of its permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave. in Jacksonville.</p>

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Monday, Feb. 20	Tuesday, Feb. 21	Wednesday, Feb. 22	Thursday, Feb. 23
<p><b>'Bearing Witness' at MOSH</b> MOSH's 2016 Artist in Residence Sarah Crooks Flaire's works will be featured for a final week. In an exhibit ending Feb. 26, Flaire explores the natural landscape of the St. Johns River as a metaphor. "Bearing Witness" takes viewers through the tension of domestication and wilderness that the St. Johns River and the community at large struggles to balance. MOSH is located at 1025 Museum Circle in Downtown Jacksonville. Admission is \$12.50 for adults and \$10 for children. Military, senior and student discounts are available.</p> <p><b>Travel Training Program</b> The Council on Aging's Travel Training program is designed to assist seniors in learning to ride the Sunshine Bus. Residents interested in expanding their transportation options or who would like to increase their confidence as a bus rider can receive assistance from trained volunteers in navigating routes, reading time tables and making transfers. Contact the mobility manager at the Council on Aging at (904) 315-6505 or email Katie Arnold at karnold@stjohnscoa.com.</p> <p><b>Care Connection Volunteers Needed</b> Adult volunteers are needed at Care Connection, located at 180 Marine St. in St. Augustine, to mentor young adult volunteers on weekend home improvement and minor repair projects for seniors who can no longer do the work themselves. Adult volunteers will help youths engage with seniors as they learn career skills and professional behavior in the field of community service. For more information, call (904) 209-3686 or email aleach@stjohnscoa.com.</p> <p><b>Meet the "Friends for the Arts"</b> Get involved in the arts by joining a team of fellow art supporters at the Cultural Center at Ponte Vedra Beach. Help develop and support fundraising projects and help initiate special projects to benefit and promote the cultural center and the arts in our community. For more information visit <a href="http://www.ccpvb.org/friends-for-the-arts">www.ccpvb.org/friends-for-the-arts</a>.</p>	<p><b>'The Search for Paradise' Lecture Series</b> Explore garden history through a four-part lecture series held at the Cummer Museum from 1:30 to 2:30 p.m. Join Director of Education Lynn Norris for a trip through some of the world's great gardens as she traces the connections between art and gardens. Space is limited. Admission is free for members and \$10 for non-members. Registration is required. For more information, email <a href="mailto:education@cummer-museum.org">education@cummer-museum.org</a> or call 904.355.0630.</p> <p><b>Sunset Rotary Club Meeting</b> The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6 to 7:30 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call club President Janeene Hart at (904) 412-5409 or email <a href="mailto:jwhart1208@gmail.com">jwhart1208@gmail.com</a>.</p> <p><b>Tapas Tuesday</b> The Cummer Museum of Art &amp; Gardens presents Tapas Tuesday at the Cummer Café every Tuesday from 5 to 7:30 p.m. View the sunset on the Cummer Café patio while listening to local musicians and enjoying beer, wine or artfully inspired tapas for sale at the Café. Reserve your table by calling (904) 899-6022. For more information, visit <a href="http://www.cummermuseum.org">www.cummermuseum.org</a>. The museum is located at 829 Riverside Ave..</p> <p><b>Life Enrichment Day Retreat</b> Arbor Terrace Ponte Vedra hosts a Life Enrichment Day Retreat every Tuesday, Wednesday and Thursday from 9 a.m. to 2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 834-7578 or visit <a href="http://www.at-pontevedra.com">www.at-pontevedra.com</a>.</p>	<p><b>Forward Leadership St. Johns</b> Be a part of the 2017 Forward Leadership class, designed to equip active adults age 50 and over with insights and first-hand knowledge to enhance positive change in the community through advocacy and volunteerism. This six-week program will take students behind the scenes of education, healthcare, tourism, history and government in St. Johns County. To be held Wednesdays through March 22 from 9 a.m. to 4 p.m., the sessions will enable participants to meet with local leaders, including St. Augustine Mayor Nancy Shaver, Tax Collector Dennis Hollingsworth and Sheriff David Shoar. For more information on how to apply, call Sue Richerson, program manager, St. Johns County Council on Aging at (904) 209-3631.</p> <p><b>Toastmasters Club</b> Toastmasters Club #5199 of Ponte Vedra Beach meets every Wednesday at 7:30 a.m. at the Players Community Senior Center. These meetings will help attendees improve public speaking and gain leadership skills. The senior center is located at 175 Landrum Lane. Email Carmen at <a href="mailto:carmenjsardinas@gmail.com">carmenjsardinas@gmail.com</a> for additional information.</p> <p><b>Chair Yoga</b> St. Paul's By-the-Sea's youth ministries will host chair yoga classes Wednesdays at 11:30 a.m. Participants of all skill levels are welcome to join. St. Paul's By-the-Sea Episcopal Church is located at 465 11th Avenue N in Jacksonville Beach.</p> <p><b>First Coast Card Club</b> The First Coast Card Club invites community members to its weekly "Let's Play Cards!" event. On Feb. 22, the club will meet at the St. Augustine Main Library located at 1960 N. Ponce De Leon Boulevard. This club activity begins at 1:30 p.m.</p>	<p><b>Savvy Job Hunters Ministry</b> The Savvy Job Hunters Ministry will present "Taking the Plunge: Faith to Override Fear" during its Feb. 23 workshop from 9 a.m. to noon at Christ Episcopal Church. The workshop will feature J. Dianne Tribble, a professional life coach, motivational speaker, author and business start-up consultant. The Christ Episcopal Church's Savvy Job Hunters Ministry offers this free workshop as part of a monthly series that includes local guest speakers, job search presentations, featured employers, networking opportunities and spiritual support to those looking for employment. The workshop is open to the public and takes place inside of the Parish Center Conference Room at Christ Episcopal Church, located at 400 San Juan Drive at Solana Road East in Ponte Vedra. To RSVP, email <a href="mailto:cccortore@christepiscopalchurch.org">cccortore@christepiscopalchurch.org</a>, or call the Pastoral Care Office at (904) 285-7390 ext. 231. For more information, contact Pam Ottesen at <a href="mailto:pottesen66@gmail.com">pottesen66@gmail.com</a>.</p> <p><b>Photography of Jacko Vassilev</b> The Lost Art Gallery welcomes internationally acclaimed art and press photographer Jacko Vassilev. A native of Bulgaria, Vassilev specializes in 35mm black and white film photography, creating layered and detailed work that document human character. In an exhibit to be displayed through February, Vassilev's work showcases "vulnerable and breathtaking moments." The Lost Art Gallery is located at 210 St. George Street, Ste. C-1 in St. Augustine.</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:jasmine@opcfla.com">jasmine@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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PV2-LV35401

## Ponte Vedra Rotary Club to host annual 'Mineral City Celebration'

Community fundraiser to feature 'PonteVedraville' theme

By Jennifer Logue

Break out your flip flops, set your watch on island time and mark your calendar. The Rotary Club of Ponte Vedra Beach will hold its annual Mineral City Celebration next month.

To be held Saturday, March 25 at the Ponte Vedra Concert Hall, this year's Mineral City event will feature the theme "Ponte-VedraVille." Complete with Jimmy Buffett music, island attire, food, frozen concoctions and more, this year's celebration will benefit the Dial A Ride senior and disabled transpor-

tation program, along with Mission House, BEAM, HEAL and numerous other Beaches-area charities.

"We hope local residents and businesses will join with Rotary and support this fun and entertaining benefit that aids so many local community charities," said Billy Wagner, Rotary president-elect and chairman of the Mineral City event.

WJXT Channel 4 news anchor Kent Justice will serve as emcee for the event, which will also feature the presentation of



the Rotary Club's "Rock of the Community Award" to Donna Deegan.

Tickets and sponsorships for the Mineral City Celebration are available now. For tickets or more information, visit [www.mineral-citycelebration.com](http://www.mineral-citycelebration.com).



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# A message of thanks: Berkshire Hathaway hosts First Responders Appreciation Luncheon

By Jasmine Marshall

Berkshire Hathaway HomeServices Florida Network Realty's Ponte Vedra branch was stocked with food, gifts and décor Feb. 13 as the office celebrated local heroes with its First Responders Appreciation Luncheon.

Welcoming the men and women keeping the area safe, Realtors treated the officers to a buffet-style lunch prepared by agent and "chef" Deb Pettry, Peterbrooke Chocolatier's signature chocolate-covered popcorn and koozies filled to the brim with candy during the office's first appreciation event. The show of appreciation also included the presentation of a handmade sign created by Mrs. Mary Beliles's third grade class of PVPV/Rawlings Elementary.

For the first responders dropping by, the message of appreciation rang loud and clear.

"Honestly, I think it's awesome," said Sgt. Mike Hartsell of St. Johns County's Sheriff's Office. "With everything going on today, to have a group of people come together to do something like this . . . just to make sure we feel appreciated, it feels pretty amazing."

As organizers and Realtors insisted, it was a labor of love and a celebration that they would like to make a tradition.

"The whole idea was to be able to serve them the way they serve us," said Pettry. "These people are heroes – they don't run from the problem, but toward it. And we just want to continue to be able to support them as much as they support us."



Real estate agent and "chef" Deb Pettry



Officers of the St. Johns County Sheriff's Office and Berkshire Hathaway HomeServices agents enjoy lunch during the First Responders Appreciation Luncheon. From left to right: Deputy Paul Beasley, agent Art Gerspacher, Corporal Dan Sorrells, agent Bill Irwin, agent Karen Scheltz, Lieutenant Chris Wensil and Deputy Rafael Fuentes.



Berkshire Hathaway HomeServices Florida Network Realty agents Karen Feliciano, Fran Gormon, Sharon Leahy, Pam Belcher, Karen Franklin, Carolyn McLean and Cheryl Dolan

## Armed robber holds up Ponte Vedra Beach sub shop

The St. Johns County Sheriff's Office is investigating a reported armed robbery at a Ponte Vedra Beach sub shop Sunday.

Sheriff's deputies responded to a call at 5 p.m. Feb. 12 at Larry's Giant Subs at 830A1A North, where two employees reported that a male suspect entered the shop brandishing a handgun. The suspect demanded money, and an undisclosed amount of cash was given to the suspect,

who then fled the scene.

The suspect is described as a tall, thin black male who was wearing a mask and armed with a handgun. Anyone with information regarding the robbery is asked to contact Detective Jonathan Dees (904) 824-8304 or [jdees@sjso.org](mailto:jdees@sjso.org). Anonymous tips may be submitted by calling CrimeStoppers of Northeast Florida at 1 (888) 277-TIPS (8477).



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## Southpoint Community Church to present Courageous Women's Conference

Jacksonville's Southpoint Community Church will present the Courageous Women's Conference featuring renowned speakers Feb. 24-25.

Lysa TerKeurst and Bonnie St. John will headline the event as speakers. TerKeurst is the number one New York Times bestselling author of "Uninvited" whose newly launched First 5 app has attracted millions of subscribers. St. John is an Olympian, Fortune 500 business consultant, media personality and author who became the first African-American ever to win medals – one silver and two bronze – in Winter Olympic competition

during 1984's Winter Paralympics.

"I'm thrilled to invite women from all over the city to our Courageous Women's Conference," said conference host Debbie Austin. "We are delighted that Lysa and Bonnie are joining us to help deliver the message that God has called women to be brave, undaunted and courageous in the world in which we live."

For more information or to register for the conference, visit [www.scccourageous-women.com](http://www.scccourageous-women.com). Conference registration is \$79 per person or \$25 for college students, and includes two meals.



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# 36th St. Augustine Lions Seafood Festival March 3-5

By Jennifer Logue

A seafood extravaganza, more than 100 artists and crafters, and an entertainment lineup featuring jazz, country and Americana music will be among the highlights of the 36th Annual St. Augustine Lions Seafood Festival.

To be held Friday March 3 through Sunday March 5 at Francis Field in downtown St. Augustine, the festival will serve up boatloads of seafood, with everything from jambalaya and conch ceviche to fried lobster tail, whole belly clams, crawfish, calamari, clam chowder and more on the menu. Burgers, hot dogs, pizza, Greek delicacies and desserts will also be available from the approximately 20 food vendors at the event.

Along with the wide assortment of seafood, the festival will present a three-day lineup of entertainment, including such artists as Lonesome Bert & the Skinny Lizards, John Dickie with Collapsible B, the Florida State



Photos by Jennifer Logue

The seafood festival will feature a Pirate Village with contests, entertainment and more.

Bluegrass Band, the Kate Keys Band and more. Family fun, meanwhile, will be available in the Kid Zone, Pirate Village and Spanish Landing, where entertainment will include the Clown Adventure, pirate parties and costume contests, Nutter Interactive Percussion and more. Kids' rides will be available all day with a discount ride wristband. Kids will also be able to meet popular superheroes and fairy tale princesses.

#### Free parking and shuttle

Francis Field is located at 25 W. Castillo Drive, next to the downtown parking garage. Seafood festival hours are 3 to 9 p.m. Friday March 3, 10 a.m. to 9 p.m. Saturday March 4 and 11 a.m. to 5 p.m. Sunday March 5.

Building on the success of the free shuttle operated during St. Augustine's "Nights of Lights" holiday extravaganza, the city will offer free parking and a free shuttle on Saturday, March 4 from 11 a.m. to 11 p.m. Festival attendees may park for free at the St. Johns County Health Department at 200 San Sebastian View or the San Marco lot at 301 San Marco Ave. and take the free shuttle

to the festival. Shuttle pick-ups will occur every 20 to 25 minutes, with attendees dropped off at the St. Augustine visitor center adjacent to the event.

Admission to the St. Augustine Lions Seafood Festival is \$5 for adults; children 15 and under are free. Active duty military with ID are also free. Proceeds from the annual event benefit the charitable activities of the St. Augustine Lions Foundation. For more information, visit [www.lionsfestival.com](http://www.lionsfestival.com).



Twenty food vendors will provide a vast array of seafood as well as burgers, hot dogs, pizza, desserts and more.



The Florida State Bluegrass Band will be among the acts performing at the St. Augustine Lions Seafood Festival.

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## 'Teens Take a Stand' with benefit concert to raise funds for domestic violence shelters

The Ponte Vedra High School Helping Betty/Hubbard Club (HBH) will present "Teens Take a Stand" on Saturday, Feb. 25 at 7 p.m. Doors will open at 6:30 p.m.

Organized entirely by students, the benefit concert will feature performances by Derek Coghlan, the Sharkappellas, the Splash Dance Team, PVHS Jazz Band and Douglas Anderson's Malik Bilbrow among others. A silent auction will also be held featuring gift cards, a signed football from the Jacksonville Jaguars, four tickets to a Jaguars home game of the winner's choosing and more. All of the proceeds will be split between Hubbard House and the Betty Griffin Center, two local shelters assisting families dealing with domestic violence.

The variety show will be held in Ponte Vedra High School's auditorium. Tickets are \$10 for students and \$15 for adults. For more information, email [hsnowden11@gmail.com](mailto:hsnowden11@gmail.com). Donations can be made at [www.gofundme.com/hbh-benefit-concert](http://www.gofundme.com/hbh-benefit-concert).

HBH was founded in 2015 by current juniors Harrison Snowden and Martine Gelb to spread awareness of domestic violence and support local shelters. Mrs. Ruth Lopez-Cortes is the club sponsor. Since its creation, the club has raised several hundred dollars for both shelters and has been recognized for its work and contributions. The HBH club is the only high school club of its kind in St. Johns County.

# SENIOR LIVING Guide



February 16, 2017

A SPECIAL  
SECTION TO:

Ponte Vedra



# Recorder

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# Important nutrient information for people over 50

By Dr. Erika Hamer

Special to the Recorder

Why should those over the age of 50 closely monitor their intake of nutrients?

People in this age group are likely candidates for deficiency in numerous nutrients for several key reasons. They are more likely to suffer from serious and/or chronic diseases that can impact nutrient levels in the body. Their digestive systems become less efficient at absorbing nutrients. They use medications and prescription drugs more than other age groups and these substances often deplete nutrients. And their aging bodies produce fewer health-protecting compounds.

Here are just a few of the vitamins and other nutrients that are especially important for people age 50 and over. This list, however, should not be viewed as exhaustive in any way. Your age, gender and current state of health make major impacts on nutrient levels in your body. Since your health care provider is familiar with your age and health background, you should discuss with him or her about supplementation and any dietary changes you should make to keep your mind and body in top condition.

**B vitamins:** This family of vitamins assists with blood, neurological and cardiovascular function. While they are

found in plant sources, B vitamins are usually more abundant in animal sources. In fact, vitamin B12 is only found naturally in meat and dairy products. Niacin (vitamin B3) is important for blood circulation and appetite regulation. Studies show it may also help boost good HDL cholesterol. Another important consideration is that niacin may reduce brain damage after a stroke by increasing blood vessels. Research indicates that up to 25 percent of older adults fail to consume enough niacin from dietary sources to meet recommended daily requirements. Good supplies of niacin are found in meat, poultry, beans, nuts, asparagus and leafy, green vegetables.

Riboflavin (vitamin B2) assists in the distribution of iron and plays an important role in metabolism. Like niacin, about a quarter of seniors do not get enough riboflavin. Several studies show this vitamin can help protect vision by reducing the risk of age-related cataracts. Pyridoxine (vitamin B6) helps maintain blood sugar levels and prevent anemia. It is also important for mental health because it helps develop mood-controlling neurotransmitters serotonin and dopamine. Over 50 percent of people aged 60+ are believed to be deficient in this vitamin. Cobalamin (vitamin B12) is important for neurological function, but it

is often poorly absorbed in older people. Depression, memory loss, dementia and balance problems may also emerge because of low B12 levels. A Swedish study on B12 and folate (another B vitamin) showed subjects with low levels of these two nutrients had twice the risk of developing Alzheimer's disease.

**Vitamin C:** A powerful antioxidant, vitamin C delivers protection against many serious diseases that are linked to oxidative damage, such as cancer, heart disease and stroke – conditions that more often occur in older adults. In addition, vitamin C may offer protection from cataracts. In a review of vitamin C studies, researchers noted adults aged 60 to 96 had lower plasma levels of vitamin C compared to those under the age of 60. The vitamin can be found in oranges, red peppers, potatoes, bananas, carrots and watermelon.

**Vitamin D:** Over the last couple of years, the profile of vitamin D has sharply increased in North America. News that populations in Canada and the northern United States may be deeply deficient in this versatile nutrient has been widely published. As well as being important for bone health, vitamin D in sufficient dosages may protect against many serious diseases such as cancer, multiple sclerosis and diabetes. Researchers at the

University of California discovered that consuming 1,000 international units (IU) of vitamin D daily slashes the risk of colon cancer up to 50 percent. Unfortunately, vitamin D is not widely found in our food chain and older adults are less able to synthesize vitamin D from sun exposure. Ask your health care provider if you should supplement with this vitamin.

**Calcium:** Since older adults are more likely to develop osteoporosis and experience decreases in bone density, they need to get sufficient amounts of the bone supporting mineral calcium. It can be found in dairy products, tofu, salmon and sardines.

**Magnesium:** Like calcium, the mineral magnesium helps maintain good musculoskeletal health but provides a wide number of other health benefits. Older adults may have trouble absorbing sufficient amounts of magnesium. Adjust your diet to include plenty of magnesium rich foods like halibut, almonds, bananas, spinach and soybeans.

*Dr. Erika Hamer is a chiropractic neurologist and owner of Ponte Vedra Wellness Center, with offices in Ponte Vedra Beach and Nocatee Town Center. Dr. Hamer also runs Ponte Vedra Training Company, specializing in doctor supervised training programs customized according to individual goals and physical limitations.*



# Tips to consider when downsizing your home

By Marsha Keller

Special to the Recorder



Is it time to sell your home?

Are you thinking of selling your home to move to a more manageable home, adult supportive environment or with a family member? Many people would prefer to continue to live in their current home and

age in place. Sometimes, house maintenance becomes a burden, a major life event happens, proximity to family becomes more important, financial concerns and/or support services are needed. Whatever the reason, there may come a time when you and your family consider selling the family home.

Here are a few things to consider before downsizing your home:

## Can you leave the memories behind?

You raised your children in your current home, and items hold special memories. You might also have to sell or donate possessions in order to move into a smaller home. But remember, there will be plenty of room for new memories in your next home.

## What are the financial implications for selling?

This is where your financial advisor can assist you. You could owe capital gains tax if you sell your house for more than the original purchase price. You might be able to port some of your homestead tax exemption to your next home. Keep in mind, you will most likely have a smaller mortgage and less property taxes, which could make selling a good option for you.

## DOWNSIZING OPTIONS

There are a wide range of downsizing options to choose from. Here are just a few:

### Townhouse/condo:

Many older adults are leaving the suburbs behind and moving into condos or lofts in downtown areas. Not only are these homes easier to maintain, but they are also in walkable neighborhoods with easy access to amenities such as culture, restaurants and nightlife.

### Active adult communities:

These communities have a 55+ age requirement and often offer extensive amenities and a varied social calendar. Usually active adult communities have several housing options including single family homes, patio homes and condominiums.

### Assisted living arrangements:

This option provides medical and social services in a community setting. An assisted living community allows for individual needs for those who don't require continuous nursing care.

## Nursing care facilities:

Skilled nursing facilities are for individuals requiring 24-hour medical assistance. On-site physical and occupational therapy are usually provided.

## Continuing care retirement community:

This is a full-service community with various levels of care options, including independent living developments, assisted living units and nursing care facilities.

## MAKING THE MOVE

So, you've decided to sell your home. What's next?

Your agent will conduct an extensive market analysis to make sure your home is priced appropriately.

Then be prepared to schedule any needed repairs. Your real estate agent should be able to assist you in finding honest tradespeople to handle any necessary repairs.

You'll also want to freshen the outside of your home including the landscaping to give your home the best curb appeal possible. You may choose to hire a professional stager, who will help you de-clutter and highlight your home's best assets.

Your best bet is to contact an experienced real estate agent who specializes in working with seniors. Look for an agent who is a designated Senior Real Estate Specialist (SRES). They will have the experience and expertise to assist you in selling your home.

**Marsha Keller, GRI, is a Nocatee-certified Realtor and senior real estate specialist with the "Lisa Barton Team" at Berkshire Hathaway HomeServices.**



# Jacksonville 'Take Steps' walk for Crohn's & Colitis Foundation April 22

The Jacksonville Take Steps walk to benefit the Crohn's & Colitis Foundation of America will be held Saturday, April 22 at 9 a.m. at the Seawalk Pavilion in Jacksonville Beach.

The daylong event is part of a nationwide series of walks to support the 1.6 million Americans who have inflammatory bowel disease. In addition to the fundraising walk, the event will feature a kids' zone with clowns, coloring contests and other activities. Entertainment and IBD-friendly food items will also be available at the walk, which will be followed by a nearby after party.

Jacksonville Take Steps is presented by the Borland Groover Clinic in cooperation with North Florida Sales, Takeda Pharmaceuticals, Baptist Health Systems and Smart Pharmacy. According to nonprofit watchdog Charity Navigator, 83 cents of every dollar raised through the Take Steps walks and other fundraisers goes toward research, public and professional education and patient support services in communities across the nation. Corporate sponsorship range from \$250 to \$5,000 and are still available.

There is no registration fee to participate in the Take Steps walk. The day will begin at 9 a.m. with registration and refreshments, with the walk set to step off at 11 a.m. To register, visit [www.cctakesteps.org/jacksonville2017](http://www.cctakesteps.org/jacksonville2017).



Crohns & Colitis Foundation photo



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# Ponte Vedra author T. L. Williams to hold book signing at The BookMark

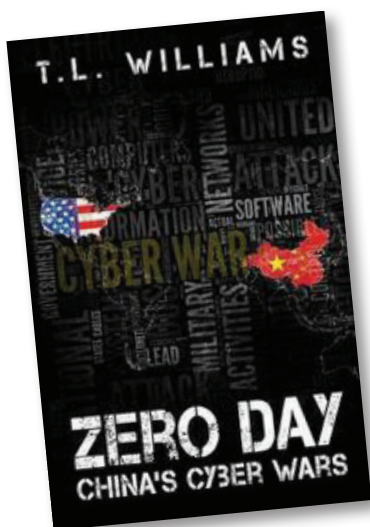
Ponte Vedra resident and CIA veteran T. L. Williams will make an appearance at The BookMark in Neptune Beach to discuss and sign copies of his new spy thriller, "Zero Day."

In "Zero Day," Williams explores a plot by the Chinese government to seize global power by undermining the U.S. economy. Armed with an underground force of hackers, China's Ministry of Public Security has a mission: to destroy confidence in the dollar by launching persistent, aggressive cyber-attacks on America's banking system. Seeking revenge against the Communist Party for his father's death, Li Jiang, a senior Public Security Bureau officer in Chongqing, lets America in on the covert details of China's plan.

To vet and handle this potential asset, the FBI seeks out Logan Alexander, a former Navy SEAL living in China. Alexander

quickly comes to trust Li, but the brass back in Langley has doubts. Could Li be a double agent? Or could a trusted American be spying for the Chinese? Reviewed by the CIA, Williams' latest venture includes authentic insider details.

Williams retired from active duty with the CIA in 2009 and now pursues his passion for writing. He lives in Ponte Vedra with his wife, Carol, and is currently working on his fourth book.



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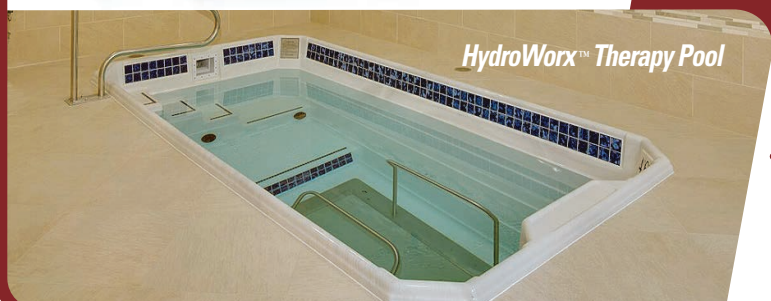
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# St. Augustine doctor sheds light on alternative pain treatment



## By Jasmine Marshall

In 2015, Dr. Mitchell Yass introduced his medical breakthrough, dubbed the “Yass Method,” in his debut book, “The Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain.”

With its release, the New York native who now practices in St. Augustine revealed the findings of his life’s work. Developed over 20 years with more than 14,000 patients, the Yass Method ([www.mitchellyass.com](http://www.mitchellyass.com)) addressed an issue plaguing an estimated 1 billion adults around the world: chronic pain and the often ineffectual treatments meant to alleviate it.

The theoretical basis for his method, Yass said, is that almost everyone has pain. Performing any activity causes muscles to create a force equal to the force of gravity. When one muscle isn’t strong enough, it can cause any number of issues, such as pinched nerves, straining or forcing another muscle to compensate. Ultimately, there’s a symptom, and the Yass Method is responsible for

interpreting the symptoms presented by the muscle in question and targeting it with a progressive resistance program. This gradually strengthens muscles associated with the ones causing symptoms until they are strong enough to perform activities without breaking down. By encouraging patients to consider his method, Yass said he’d like to break the cultural mold of the fallacy that often leads them to other ineffectual treatment.

For the decades spent developing his method, however, Yass’ breakthrough came rather early in his career.

### Early breakthrough

The young graduate had just earned his degree from Brooklyn’s Downstate Medical Center in 1993 when he began treating his first crop of patients for chronic pain. Typically, the diagnosis begins with imaging to scan the problem area once the pain is in full swing. Yass quickly determined, however, that it was possible medical professionals, educators and patients had been trying to

remedy chronic pain the wrong way all along.

“Between my educational background and my own experience, there was a gap between what I saw taught and what I was seeing,” Yass recalled. “In medical school, you’re taught principles in areas of pain like arthritis and herniated discs. You’re told that’s what you’re supposed to treat. Simultaneously, you’re told that discs are made of fibrocartilage, which have no pain receptors. So, from the very beginning (of my career) I questioned ... the accuracy of the current model of diagnosis.”

That model often involves a patient who has experienced chronic pain for an extended period of time. With most chronic pain attributed to structural problems such as herniated discs, meniscal tears and arthritis, the patient is only referred to get an MRI after experiencing pain. The image is then used to determine a diagnosis.

But there, Yass said, is where the fault lies: Because MRIs often showed

structural variations in pain patients, but were only taken after the patient noticed the pain, it wasn’t entirely possible to attribute the pain to the variation found in the images.

“Structural variation is always found when patient has pain – but what if the MRI was taken before the pain was experienced?” Yass said. “The same things would be found before the pain was felt because variations can take years or even decades to develop.”

It wasn’t long before Yass was able to confirm what he’d long suspected: Studies showed that 70 percent of patients given an MRI had structural variations such as herniated or bulging discs, but felt no pain. Likewise, 90 percent of people over the age of 60 experienced no back pain but did have bulging or degenerative discs. As more medical studies showed that there were as many people with structural variations who experienced pain as there were who did

# Treatment

Continued from 20

not, Yass determined that it was possible the pain wasn't structural, but muscular.

"If perhaps 2 percent of the pain patients felt could be attributed to structural variations, I believe 95 to 98 percent of the cases could be muscular," he said. "That's the realization that I came to, which has allowed me to come out with one of the most broad statements I've ever made. But I believe the MRI is completely baseless because it's finding variations that existed before pain was felt."

With those findings in mind, Yass developed the Yass Method, an alternative model of treatment that could save patients the pain and expense of unnecessary surgery or medication. His method involves a three-step process of observ-

ing common areas of pain, implementing tests to examine things such as range of motion, walking patterns and posture, and teaching patients to use their findings to determine if the pain is structural or muscular – and, most importantly, whether surgery is the right option for them.

### Saving patients trouble

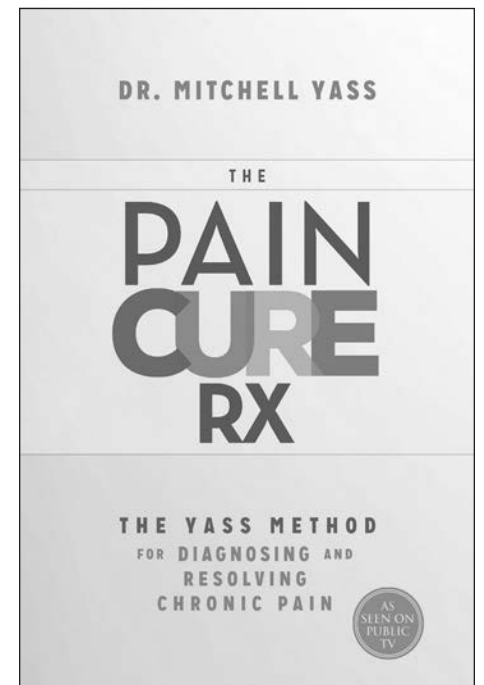
Yass hastens to assure what he and other medical professionals now know to be true – MRIs were developed with the best of intentions, but the diagnosis produced by them can sometimes lead to unnecessary surgery that doesn't alleviate pain or makes it worse. Faced with the massive failure rate of surgeries and joint replacements, Yass said he understands the frustration pain patients feel.

"I've seen patients who are living with chronic pain who just want their lives back," he said. "And it's my responsi-

bility to inform them of this possibility and why I feel so compelled. Nothing matches the breadth of this issue and everyone's searching for an answer that I think I've come up with."

For that reason, Yass would like to see his method widely embraced in the medical world.

"I hope that (the Yass Method) becomes the gold standard and that the medical establishment embraces it as the primary mechanism to diagnosis and pain treatment," he said. "I've stopped several unnecessary surgeries and treated people who've experienced surgeries that haven't worked for them. There are people who are still in chronic pain and I just want them to be open to an alternative, to know that it's not their problem but a systemic problem. And once the method is applied properly, pain becomes easier to treat."



## SHORT TAKES

### Hugs Across the County seeks clothing donations

Hugs Across the County is currently managing a number of programs to benefit St. Johns County children in need. Oceanside Cleaners is now a drop-off location for new and very gently-used clothing for K-12 homeless students who attend St. Johns County schools. Clothing should be clean and appropriate for school. Donations of new clothing, new underwear and new socks are also appreciated. Hugs Across the County also welcomes online donations through their website [www.stjohnshugs.org](http://www.stjohnshugs.org). Hugs Across the County is a 501(c)(3) nonprofit organization dedicated to providing assistance to St. Johns County's children-in-need, including the roughly 800 students considered homeless. To learn more about volunteer opportunities, send email to [info@stjohnshugs.org](mailto:info@stjohnshugs.org)

### Savvy Job Hunters to present career workshop

The Savvy Job Hunters Ministry will present "Taking the Plunge: Faith to Override Fear" during its Feb. 23 workshop from 9 a.m. to noon at Christ Episcopal Church. The workshop will feature J. Dianne Tribble, a professional life coach, motivational speaker, author and business start-up consultant. The Savvy Job Hunters Ministry offers this free workshop as part of a monthly series that includes local guest speakers, job search presentations, featured employers, networking opportunities and spiritual support to those looking for employment. The workshop is open to the public and takes place inside of the Parish Center Conference Room at Christ Episcopal Church, located at 400 San Juan Drive at Solana Road in Ponte Vedra. To register, email [cccortore@christepiscopalchurch.org](mailto:cccortore@christepiscopalchurch.org), or call the Pastoral Care Office at (904) 285-7390 ext. 231. For more information, contact Pam Ottesen at [pottesen66@gmail.com](mailto:pottesen66@gmail.com).

### Symphony gala to feature Lang Lang

Internationally-known pianist Lang Lang will make his Jacksonville debut at the Symphony Gala Friday, Feb. 17. To be held at the Robert E. Jacoby Symphony Hall in the Times-Union Center for the Performing Arts, the concert begins at 7:30 p.m. Lang Lang will perform Bartok's Piano Concerto No. 2 in a Valentine's Day program titled "Valentines in Verona." The program will feature both Tchaikovsky's and Prokofiev's "Romeo and Juliet." The Symphony will also be celebrating the 20th anniversary of Jacoby Symphony Hall at this event. Tickets are \$75 and can be purchased through [www.jaxsymphony.org](http://www.jaxsymphony.org), by phone at (904) 354-5547 or through the box office in the Times-Union Center Monday through Friday between 10 a.m. and 4 p.m.

# Council on Aging introduces new memory enhancement program

The Council on Aging now offers an integrative memory enhancement program at the Riverview Club in St. Augustine Shores.

The class, which helps participants learn simple strategies and focuses on cognitive stimulation, education and socialization, is recommended for people diagnosed with memory disorders, those experiencing changes in memory and those providing care for loved ones who could benefit from supervised activities and socialization.

This class meets every Tuesday and Thursday from 9 a.m. to 2 p.m. Class size is limited to 10 participants; subsidies are available for those who qualify. For more information, call Kathy Cinney at (904) 729-9163 or visit [www.coasjc.com](http://www.coasjc.com) for more information.

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# Call to adopt heart-healthy lifestyle amid decline in U.S. life expectancy

By Dr. Anthony Magnano

Special to the Recorder



Dr. Anthony Magnano  
Columnist

February's American Heart Month is a time to raise awareness of the dangers of heart disease and high-light steps people can take to improve their heart health.

But a recent report released by the National Center for

Health Statistics suggests that Americans may want to consider taking their heart health more seriously.

The agency found that U.S. life expectancy is on the decline for the first time in two decades, with signs pointing to an increase in heart disease as one of the main culprits. The most recent data from 2015 showed Americans could expect to live 78.8 years – a decrease of about one month from the previous year.

While that may seem minor, U.S. life expectancy has almost consistently risen for decades due to gains in medical and public health knowledge. The report found mortality rates increased for eight of the top 10 leading causes of death, including heart disease, diabetes and substance abuse.

What is possibly most troubling is the data on heart disease, the number one killer in the United States. The death rate for heart disease increased by almost 1 percent, or by about 20,000 more deaths than the previous year. The reasons for this increase remain unclear, although one major factor may be the country's obesity epidemic.

## Obesity and life expectancy

Nearly 70 percent of American adults are overweight, and one-third are obese, according to the American Heart Association. Defined as a body mass index of 30 or higher, obesity puts you at a higher risk for health problems such as heart disease,

HEART continues on Page 23

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## Heart

Continued from 22

stroke, high blood pressure, diabetes and more.

Because obesity can impact health outcomes across the board, it could help explain why mortality rates have increased in multiple areas. As more people become obese, the trend of flat or declining life expectancy among American adults could continue. However, just because life expectancy trended downward this year doesn't mean Americans can't take control of their health in 2017 and beyond.

### Changing your lifestyle

Living a heart-healthy lifestyle can not only increase the length of your life but also improve its quality. Even if you've already experienced a cardiac event or had a heart procedure, studies show it's not too late to take your heart health into your hands. For instance, one recent study from the Journal of the American College of Cardiology found that people with atrial fibrillation dramatically increased the effectiveness of traditional treatments for their arrhythmia by making lifestyle changes and losing weight.

The keys to a healthy lifestyle are regular physical activity and a diet low in fat and added sugar. Adults should aim for at least 30 minutes of moderate intensity exercise five to seven days per week. You should focus on a diet

high in fruits, vegetables and whole grains, as well as foods low in salt, added sugar and fat. One way to make exercising and dieting easier is to do it with your family and friends. Another important part of a healthy lifestyle is regularly seeing a doctor to monitor your health, so you can discover medical problems early and receive proper treatment.

While it can be difficult to make lifestyle changes, turning good habits into a long-term routine could greatly improve your chances of living a long and healthy life.

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



## St. Johns Golf and Country Club to host annual Sunshine Golf Tournament

The St. Johns Golf and Country Club will host the annual Council on Aging Sunshine Golf Tournament March 31 at 1:30 p.m. The event's proceeds benefit the Council on Aging's Sunshine Center and Memory Enhancement Program, assisting dementia and Alzheimer's patients and their families.

The Captain's Choice tournament will feature a BBQ buf-

fet and awards ceremony. The registration fee is \$100 per golfer or \$380 per foursome. Admission to the buffet only is \$22 per person.

The St. Johns Golf and Country Club is located at 205 St. Johns Golf Drive in St. Augustine. For more information on the tournament or to learn about sponsorship opportunities, call Debbie Van Gemert at (904) 209-3684.



## Civil rights scholar to address Beaches Democratic Club

Civil rights scholar Marcella Washington will be the featured speaker at the Feb. 21 meeting of the Beaches Democratic Club.

A recently retired political science professor at Florida State College at Jacksonville, Washington will deliver a presentation on "The Constitution: Slavery Provisions and the Civil Rights/Voting Rights Amendments."

A Jacksonville native and graduate of Stanton High

School, Washington holds a bachelor's degree in Political Science from Lincoln University in Pennsylvania and a master's and Ph.D. from Clark-Atlanta University. Her teaching experience includes positions at Prairie View A & M and Houston Community College. She returned to Jacksonville in 1989 to teach at what is now Florida State College at Jacksonville.

Newly elected officers of the Beaches Democratic Club

are Joe Burt, president; Mary Ann Segars, vice president; Steve Haerter, secretary; Lynn Cattin, treasurer; Jeff Bertsch, parliamentarian; and board members Joe Johnson, Charles Kohn, Hanna Moore, Diana Townsend, Diane Sollee and Billee Bussard (past president emeritus).

# Camellia at Deerwood celebrates 'February Fitness Frenzy'

**By Victoria Proctor**

Special to the Recorder

Now more than ever, our nation is taking part in the movement to keep moving! February is Fitness Frenzy month for local seniors at Camellia at Deerwood Senior Living Community. The purpose is to get moving, get healthy and raise money to make a difference in the life of children and families in need through The Children's Home Society.

The benefits of staying active as we age have long been documented.

"The importance of being in good physical shape has its benefits," said Robin White, Prime Fit instructor at Camellia at Deerwood. "You can perform activities of daily living effectively with good levels of strength, endurance, flexibility and cardio fitness."

Increasing one's level of activity reduces the likelihood of developing diseases such as hypertension, cardiovascular disease, stroke, diabetes and cancer, White added.

"A good way to track your movement is with an inexpensive pedometer," she said. "It's a fun way to track your suc-

cess and it helps to keep you motivated."

During February Fitness Frenzy, seniors and staff of Camellia at Deerwood will participate in any kind of activity that gets them moving. For instance, walking, jogging, water aerobics, fitness classes, biking, swimming, shuffle board, dancing, Wii Bowling, Bocce Ball, Tai Chi and personal training are all fair game. At the end of the month, the minutes of exercise will be tallied and funds raised will be donated to the charity.

Camellia at Deerwood resident Jo is a perfect example of how leading an active lifestyle can benefit you as you age.

"I grew up with three younger brothers – I had to exercise to keep up with them," said Jo, who is now in her 90s. "We played basketball and all kinds of sports."

Jo went on to major in Physical Education and taught elementary, junior and senior high school students for 20 years. She also played on the U.S. Women's Lawn Bowl team and traveled to many countries.

"Now that I am a senior, I see the

CAMELLIA continues on Page 25



Photo courtesy of Camellia at Deerwood

Seniors participate in water aerobics at Jacksonville's Camellia at Deerwood, an independent living, assisted living and memory care community.

## Meet Holly!

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Holly has been a Caregiver with Ponte Vedra Home Care for the past 3 years. Prior to caregiving, she worked as a commercial airline pilot flying around the world. Holly is a natural caregiver. While growing up, she helped take care of her grandmother. She loves to visit our clients, take them shopping, out to eat, or go for a nice walk on the beach.

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# Camellia

Continued from 24

benefits of regular exercise to maintain well-being, balance and overall physical fitness,” said Jo, who counts bocce ball among her favorite Camellia at Deerwood activities. “For many years I was a promoter of exercise, and now I am a living example.”

In addition to physical benefits, maintaining an active lifestyle also boosts self-confidence and mood. It can be a big stress reliever, and exercising in a group is a great way to make new friends. There are creative ways to exercise even for those who dread working out, such as listening to music while lifting weights, stretching, window shopping and walking on the beach. It is never too late to start.

“It is so amazing to watch a resident enter our program with limited mobility and progress to a point that they feel their independence has been renewed,” said Perry Brown, general manager at Camellia at Deerwood. “Fitness isn’t just for the young: We have many success stories of residents who regain strength and balance. And oh, yes – they have fun doing it.”

**Victoria Proctor is a sales advisor at Camellia at Deerwood, located at 10061 Sweetwater Parkway in Jacksonville.**

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# The power of the mind: complementary methods prove powerful in recovery

By Jasmine Marshall

As more health care practices begin to incorporate alternative means of medicine, more open-minded approaches to treatment and recovery have taken prominent roles in the doctor's office. From pet therapy to resistance training, several new methods of medical care have become the norm where few options previously existed.

Now, doctors are turning to the most powerful organ in the human body to aid in the preparation and recovery processes following surgery: the brain.



Lisa Grossman,  
Ph.D./ATC/BCB

Lisa Grossman, Ph.D./ATC/BCB, a performance psychology consultant of SMR Performance Consulting, has been studying the link between stress and recovery for years with the use of biofeedback – the process by which automatic

body functions are monitored electronically to help train patients to identify and gain control of those functions under stress. As a medical professional who has worked with high-pressure performers such as professional athletes, Grossman is familiar with the ways the body's stress signals can hamper performance, diminish health and slow recovery.

“What biofeedback does is ... monitor what's going on with the body in terms of stress response, like heart rate increasing or muscles tensing, and its ability to achieve coherence,” she said. “It measures the ability to remain neutral, in control and not over-activated. I use it to help patients learn how to reach that calm state because it's beneficial in medicine. When the body is calm, it's much better for the healing process.”

## A breakthrough for orthopaedic patients

Understanding that link, Grossman took her method of biofeedback training to a different demographic, completing dissertation research at Baptist Medical Center Beaches with the help of Steven Lancaster, MD, an orthopaedic surgeon of the Jacksonville Orthopaedic Institute (JOI).

The pilot study consisted of 60 orthopaedic patients over the course of six months in which the degree of impact of biofeedback and a mental preparation method known as “guided imagery” was observed among patients who



had joint replacement surgery.

In the sample group of hip and knee patients, guided imagery participants received an MP3 player with a surgery-specific script detailing day-of-surgery events to help mentally prepare them for their upcoming procedures. Patients were then guided through a series of controlled-breathing techniques that acted as a catalyst for the relaxation response. Similarly, the biofeedback group received portable units that measured heart-rate variability and were trained on how to achieve a state of “physiological coherence,” or heart-brain synchrony, by identifying a stress response and focusing on shutting it down. The study showed that patients who used both methods used less pain medication overall.

For Grossman, the study of orthopaedic patients was a personal one; the Jacksonville Beach resident has been an orthopaedic patient herself since the age of 13, having had her first knee surgery at 15 and a replacement at the age of 31. With a total of 12 knee surgeries throughout her life and her own experience as a practitioner, Grossman understood first-hand the need to constantly improve the patient experience.

“As a patient, I've seen orthopaedics up and down the coast of this country,” she said. “So I'm happy to see people in the Jacksonville area are really open to exploring alternative methods because they're incredibly powerful and impactful. Biofeedback training will allow patients to heal better, recover faster and enjoy their new joints and things they haven't been able to do without pain for quite some time. It increases the likelihood of successful surgery.”

Recalling the study, Grossman noted the numerous ways a combination of biofeedback training and guided imagery could help with orthopaedic patients.

“(Biofeedback training) can help tremendously with orthopaedic patients, especially seniors facing orthopaedic issues,” she said. “It'll help them relax their minds and prepare for surgery mentally and physically, and it helps lower resting heart-rate. It relaxes the body so the individual will have more flexibility and can move the joint, which is so important after surgery to restore and improve the range of motion, and it serves as a distraction so that patients have something other than

pain and nervousness to focus on.”

## A universal method of control

Grossman also emphasized the usefulness of the training in addressing a variety of medical issues because of its ability to help the body achieve an ideal state. Because of its focus on targeting and identifying stressors and the body's natural reaction to them, biofeedback training can be used on just about any patient experiencing heightened levels of stress and anxiety: from college students preparing for midterms and athletes readying themselves for games to law enforcement professionals and social workers.

Overall, Grossman hopes that more patients will understand the role of the mind in recovery and try to learn these techniques to eliminate the negative impacts of stress on health.

“Even without equipment, you can learn the techniques and achieve coherence,” she said. “The range (of this training) is huge. Being able to shut down a stress response that inhibits cognitive function, prolongs recovery and causes more severe cardiovascular issues will improve your ability to function.”

# THE PLAYERS Community Senior Center holds soap making workshop

THE PLAYERS Community Senior Center recently hosted a soap making workshop as one of a series of classes made possible by a grant from the St. Johns County Cultural Arts Council. Conducted by Mary Vastola of Ponte Vedra Soap Company, the two-hour class followed a successful silk scarf painting workshop. Led by Midge Scelzo, that workshop prompted participants to request another creative project. Scelzo waived her instructor fees so those funds could be used for supplies needed for the soap making workshop.



COA photo



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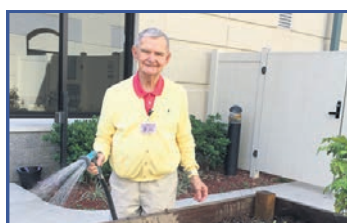
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# Flagler College community members volunteer across county for day of service

The Council on Aging, Betty Griffin Center, Home Again St. Johns and Alpha Omega Miracle Home were among the local organizations to receive assistance Feb. 11, when members of the Flagler College campus community participated in the college's semi-annual day of service.

Approximately 150 individuals spread out across the region, assisting a dozen organizations, including Haven Horse Ranch, SAFE Pet Rescue St. Augustine, Rhino's Youth Services, St. Augustine Center for Living, St. Augustine Lighthouse, St. Johns Parks and Recreation, United Way and Wildlife Reserve.

"It's great to help out the community you live in," student Natalia Azcue said as she helped paint interior walls at United Way. "And when you do, you can really see the difference it makes. For some of us who have scholarships, this is a nice way to give back."

Azcue, a student athlete on Flagler's golf team, joined Saturday's effort as part of the college's "Reach Out Raise Up" day of service. Volunteers completed a range of tasks, from painting and organizing the interior of buildings to sprucing up outdoor spaces, clearing debris and gardening.

Jenny Harvey, director of administration for United Way, expressed her gratitude for the college's help. Eight students, clad in their "Reach Out Raise Up" T-shirts, showed up Saturday morning ready to take on whatever the organization needed.

"We started painting the inside of the building back in 2014, but have not been able to do

a second coat until now," Harvey said. "For Flagler to come do this, it's a great morale booster for the office. It gives us a facelift, which helps us better serve the community. We simply could not do this kind of work without volunteers."

Council on Aging Volunteer Coordinator Amy Leach agreed.

"Nonprofits rely heavily on volunteers," she said. "By students coming here and helping us out, it helps our participants better enjoy the outdoors and garden space. And this also gives students the opportunity to learn new skills and better understand the issues facing seniors."

The Council on Aging offers adult day care services, meals and activities for senior citizens across five community centers in St. Johns County.

Flagler student Marwan Shatila helped on Saturday by refurbishing wood for the COA's outdoor picnic tables.

"I've always been about helping people out," she said. "You can never do too much good in the community. I'm really happy Flagler encourages this. I'm stoked to be here."

Saturday's event was the college's third day of service. The inaugural "Reach Out Raise Up" was held a year ago.

"This kind of event is important for personal development and service learning," said Flagler College Volunteers President Paige Armstrong, who helped launch the program. "(The) organizations we serve rely on volunteer labor to function."



Flagler College photos

Members of the Flagler College campus community participated in the campus's "Reach Out Raise Up" day of community service, volunteering at a dozen local organizations.

# Amelia Island to host annual Book Festival Feb. 16-18

**By Jennifer Logue**

David Baldacci, Steve Berry, Joseph Finder and R.L. Stine are among the best-selling authors who will be on hand for the annual Amelia Island Book Festival happening this weekend.

To be held Feb. 16-18 at locations throughout the Amelia Island area, the festival will feature three days of events that give readers an opportunity to meet and interact with more than 100 authors at luncheons, workshops, book signings and more.

The festivities will begin at noon Feb. 16 with a luncheon at the Amelia Island Plantation's Amelia Club featuring New York Times best-selling author David Baldacci, who will discuss his writing career and latest book, "The Last Mile."

Friday's schedule will include a four-hour writers' workshop conducted by best-selling author Steve Berry and his wife, Elizabeth, to benefit the Authors in Schools Literacy Program. Scheduled to begin at 8:30 a.m. Feb. 17 at the FSCJ-

Nassau Campus's Bean Technical Center in Yulee, the workshop will provide both aspiring and accomplished writers with helpful tips for transforming fledgling ideas into books. Registration for the workshop is \$150 per person.

"We are honored and grateful to Steve and Elizabeth Berry for offering this workshop to benefit our Authors in Schools literacy program for all the students in our Nassau County public school district," AIBF Volunteer President Marie Fenn said.

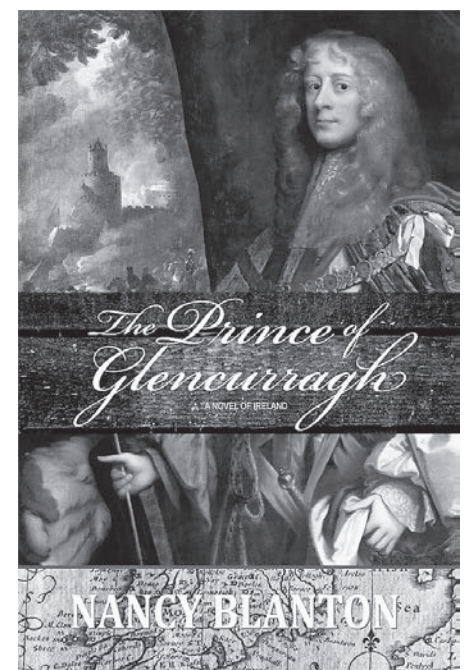
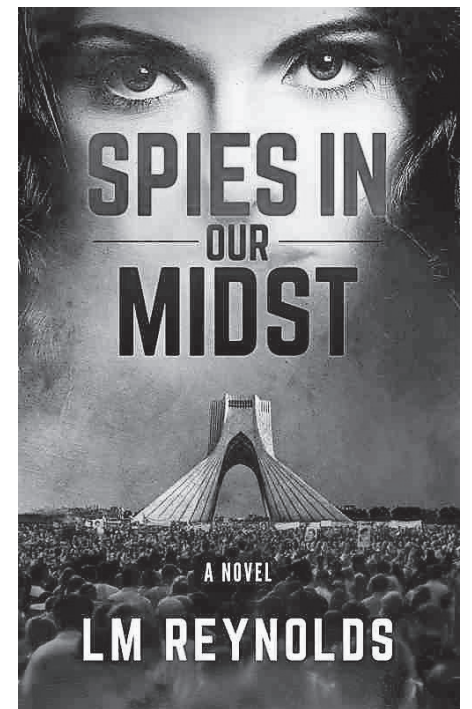
Friday evening will feature the "Author Face-Off Dinner Gala" at the Omni Amelia Island Plantation, where a "dream team" of New York Times best-selling authors will be present for a cocktail reception, sit-down dinner, dancing and evening program. A special highlight of the gala will be the inaugural presentation of the Book Island Literary Award. Finalists for the award include Linda Reynolds for "Spies in Our Midst;" Nancy Blanton for "The Prince of Glencurragh;" James

Smith for "Silent Source;" Amy Quincy for "Misadventures of a Happy Heart;" and Bruce Thomason for "Perception of Power." The winner will be announced at the gala.

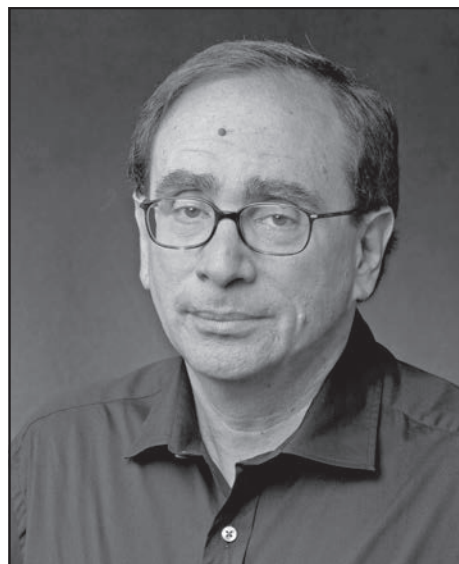
"We are thrilled with the outstanding caliber of books submitted," Fenn said, "and look forward to this being a competition that all our exhibiting authors aspire to in the future."

Tickets for the gala are \$175 per person. The Amelia Island Book Festival will conclude Saturday, Feb. 18 with a daylong "Authors Expo/Readers Extravaganza." To be held from 10 a.m. to 5 p.m. at Fernandina Middle School, the free event will feature breakout sessions and book signings with scores of authors along with children's activities, prizes, food and more. Featured presentations include co-host of "The Chat" Henny Stewart and authors Mary Kay Andrews, Joseph Finder, Lara Adrian and R.L. Stine.

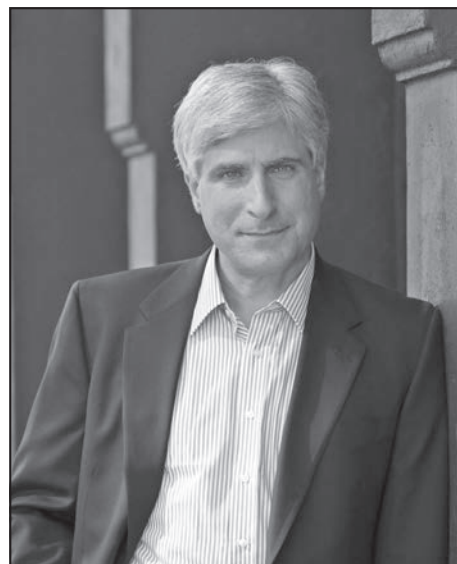
For event tickets or more information, visit [www.ameliaislandbookfestival.org](http://www.ameliaislandbookfestival.org).



Joseph Finder



R.L. Stine



Steve Berry





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The team also includes nurses, medical assistants and eldercare advocates. Physical, occupational and speech therapists are part of the AgeWell team.

Because Rose had limited mobility and a fear of falling, an AgeWell physical therapist worked with her on balance training and ways to improve her strength and posture. Rose's mobility has improved along with her endurance.

Occupational therapy helped Rose strengthen her hands so she could return to cooking and sewing—two things she loves to do.

Rose also had cognitive therapy to address her memory concerns. Part of her therapy was to write short stories, a task she enjoyed so much she continues writing and keeps all of her stories to pass along to younger relatives.

“I am very blessed and I feel better than I have in a long time,” Rose said.

To make an appointment, call **904.202.4AGE (4243)**.



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# Ponte Vedra resident to discuss autobiography at senior center

Ponte Vedra resident and decorated World War II veteran Howard “Mike” Spencer will share some of the wartime experiences chronicled in his newly published autobiography in a presentation next week. The public is invited to attend.

To be held 11 a.m. Tuesday, Feb. 21 at THE PLAYERS Community Senior Center, Spencer’s presentation will feature stories from “One Man’s Journey,” which recounts how Spencer joined the Army Air Corps after Pearl Harbor and flew missions over Europe, earning the Distinguished Flying Cross. In 2016, Spencer received France’s Legion of Honor for his wartime service.



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# Mayo Clinic receives grants for Alzheimer's research, vaccine for early breast lesions



Researchers at the Mayo Clinic's Jacksonville campus have received millions of dollars in new grants to fund research into Alzheimer's disease as well as a new vaccine that could help develop immunity against precancerous breast lesions.

The Florida Department of Health recently awarded Mayo Clinic eight grants totaling \$1.6 million to investigate the prevention or cure of Alzheimer's disease. The eight projects will cover a wide scope of research in Alzheimer's — a disease that affects more than 5 million people in the United States and is ranked as the sixth leading cause of death. Several of the projects will take steps to explore the intricate genetic pathways of the disease, while two projects will address developing methods of diagnosing Alzheimer's and understanding

disease risk in African-American patients. One project will explore a new avenue of treatment.

"Mayo Clinic's Florida campus is home to international leaders in neuroscience research who are focused on addressing the unmet needs of patients," said Gianrico Farrugia, M.D., CEO of Mayo Clinic in Florida. "We integrate basic and clinical research and immediately translate our findings into better patient care. We very much appreciate the state's investment in finding solutions for Alzheimer's disease."

Funding for the awards is provided by the Ed and Ethel Moore Alzheimer's Disease Research Program, an initiative passed by the Florida Legislature and signed into law by Gov. Rick Scott in 2014.

"We're pleased by this ongoing recognition of our long-standing work and involvement in the State of Florida and for the continued investment in our goal, which is to translate research findings into treatments that can change lives," Farrugia said.

Nearly 20 percent of Florida's population is 65 and older — the highest percentage in the nation, according to a Pew Research Center analysis of the U.S. Census Bureau's 2014 population estimates. With a 5,000-specimen brain bank for studying neurodegenerative disorders, Mayo Clinic's Department of Neuroscience is considered a world leader in its field. The facility is also just one of two medical institutions in Florida funded by the National Institute on Aging as an Alzheimer Disease Center.

## Breast lesion vaccine

In other Mayo Clinic news, Mayo researchers will soon test a vaccine they hope will help patients develop lifelong immunity against the development of precancerous breast lesions.

Keith Knutson, Ph.D., director of the Discovery and Translation Labs Cancer Research Program at Mayo Clinic's Jacksonville campus, has received a \$3.7 million grant from the U.S. Department of Defense to conduct a phase II clinical trial that, if successful, could substitute for current ductal carcinoma in situ therapy and may become part of a routine immunization schedule in healthy women.

While only about 35 percent of precancerous breast lesions morph into cancer if untreated, physicians cannot identify which





Mayo Clinic Jacksonville

lesions are potentially dangerous. As a result, all women diagnosed with ductal carcinoma in situ undergo traditional therapy of surgery and possibly hormonal therapy and radiation. If successful, researchers hope the new vaccine may one day replace these standard therapies and prevent recurrences in some patients.

“We ultimately want to eliminate ductal carcinoma in situ, which means preventing disfiguring surgeries and toxic therapies in the 60,000 women who receive this diagnosis every year in the U.S.,” said Knutson, who designed the vaccine.

Eliminating ductal carcinoma in situ also would reduce the overall breast cancer burden significantly, he added. “Ductal carcinoma in situ is a significant health problem, accounting for about 20 percent of U.S. cases of breast cancer.”

Beginning this year, Knutson and his

colleagues at the Mayo Clinic will test the vaccine in up to 45 patients diagnosed with ductal carcinoma in situ. These patients will be treated with the vaccine first. Six weeks later, they will receive surgery (lumpectomy or mastectomy) and other standard therapy. During the initial six weeks, physicians will monitor patients to see if ductal carcinoma in situ lesions reacted to the vaccine.

“The hope is that they disappear,” Knutson said. If successful, advanced clinical trials could be designed to test the possibility that vaccination may be a “safe alternative to conventional and problematic” treatment for ductal carcinoma in situ.

The new grant is the second that Knutson and his team have received from the U.S. Department of Defense to test a breast cancer vaccine. In 2015, they received a five-year, \$13.3 million DoD Breakthrough Award to fund a phase II clinical trial test-

ing a different breast cancer vaccine that Knutson had developed. That vaccine is designed to prevent the recurrence of triple-negative breast cancer, which is a subset of breast cancer for which there are no targeted therapies. A phase I trial of the vaccine found it to be safe.

The vaccine to be tested on ductal carcinoma in situ also has been tested in a phase I clinical study. This vaccine is targeted against human epidermal growth factor 2 (HER-2), an oncogene known to play a role in the development and progression of an aggressive subtype of breast cancer known as HER-2 positive.

Knutson suspects that excess HER-2 proteins are expressed in all subtypes of breast

cancer, including the most common one: estrogen-positive breast cancer. He said the phase I study of the HER-2 vaccine elicited an immune response in all tested individuals. The vaccine is designed to stimulate production of T cells that target initial development of ductal carcinoma in situ.

“We don’t know if the vaccine works just on HER-2 breast cancer,” he said. “We believe that once an immune response is generated against the ductal carcinoma in situ lesion, it doesn’t matter what subtype of cancer the lesion may become.”

Part of the funding also will go to Jacksonville biotech firm TapImmune, Inc., which will produce the clinical-grade vaccine.



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## Power Tee: UK couple brings golf product to Ponte Vedra, U.S. market



Photos courtesy of Clare and Martin Wyeth

**Jim Furyk gives Martin and Clare Wyeth's son Max a few pointers.**

**By Jon Blauvelt**

Martin and Clare Wyeth sit side by side at a wooden kitchen table in their Ponte Vedra home and gaze proudly through the glass sliding doors at the koi pond situated in the corner of their back patio. The pond complements an in-ground pool and scenic view of the Intracoastal Waterway and holds special, symbolic meaning to the couple originally from the United Kingdom.

About 18 months ago, the Wyeths hosted PGA Tour player Jim Furyk and his father Mike at their house on North Roscoe Boulevard to showcase their company's automated ball teeing system known as Power Tee, and the koi pond was the agreed-upon target for Furyk as he demonstrated the product and chipped balls into the water.

"He didn't miss one," said a chuckling Martin Wyeth, whose 25-employee company installs the golf practice aid into driving ranges, country clubs and private homes across Europe and the United States.

Soon after that day, Furyk and his father told the Wyeths that they liked the product, wanted to see it succeed in the United States and decided to endorse it.

A year and a half later, the Wyeths believe the stars are finally aligning for Power Tee within the United States, thanks in large part to that endorsement and other recent

economic developments. The journey from across the pond to this point, though, hasn't been so simple.

### Success in Europe

When Martin Wyeth learned to play golf, he found it difficult to establish any sort of rhythm in between his swings, hitting one massively wild slice and then surprisingly following it up with an impressive second shot. He never understood what he did differently from shot to shot, so he decided to engineer a machine that could retee the ball for him and eliminate that uncertainty. He and Clare used the concept to found Power Tee in the United Kingdom in 1996.

Power Tee, which caters to novice and advanced golfers alike, experienced significant success throughout Europe, with its product installed in more than 60 percent of the commercial golf ranges in the United Kingdom and Ireland and also within the cornerstones of European golf at locations like St. Andrews, The Belfry and Le Golf National. Power Tee even received an award for innovation from Queen Elizabeth II herself.

With the company growing exponentially, the Wyeths faced a crossroads: They could sell the company, consolidate the U.K. business and grow into Europe, or they could keep the U.K. business as is and



**Jim Furyk kneels next to a Power Tee with Martin Wyeth at the Hayt Golf Learning Center at University of North Florida.**

expand to the United States. After realizing the enormity of the U.S. market for automated golf tees, Martin Wyeth said, the decision was an easy one.

"The U.S. market for Power Tee is approximately \$1.7 billion, and nobody is doing it," he said. "We felt that if we were to sell the company before coming here or to ignore it completely would not really be doing the product a good service."

### Adjusting to America

Upon moving to Ponte Vedra in 2009, the Wyeths' high expectations were first suppressed due to the country's recession and the golf industry's consequential fall from grace, with Martin noting that approximately 3,000 golf courses had closed over the past seven years.

Power Tee, said the Wyeths, is dependent on bank debt because the company rents the equipment to range operators and sells the rental contracts to banks in exchange for cash to grow the business. During the recession, the Wyeths said, the banks "disappeared" and refused to take on the



Photo by Jon Blauvelt

**Power Tee founders Clare and Martin Wyeth at their Ponte Vedra home on North Roscoe Boulevard**

# Power Tee

Continued from 35

contracts. The only income they received was a drip of money from customers, meaning there was essentially no working capital for the business.

“We’ve been here for seven years on a sort of standstill basis, waiting for the economy to recover and waiting for golf to recover,” Martin said.

But now the economy has recently begun to recover, he added, with golf participation reportedly back to about 30 million people.

“There’s a sense of optimism in the golf industry,” he said.

As a result, Power Tee has also experienced a recent streak of good fortune, including the endorsement from Furyk, who was recently named U.S. team captain for the 2018

Ryder Cup at Le Golf National – a Power Tee customer. The company was also recently recognized by the PGA as one of the industry’s most interesting products at its merchandise show in Orlando in late January.

“Everything seems to now be working in our favor,” said Martin, whose Power Tee product is installed in 20 different locations around the United States, including in the Jacksonville area at the University of North Florida, Queen’s Harbour Yacht and Country Club and within Edwin Watts golf stores.

With 14,000 country club ranges, 1,000 driving ranges, 30 million golfers and a more positive economic environment, Wyeth truly believes the sky is the limit for Power Tee.

“The climate is here for growth,” he said. “And right now, we’ve got this great alignment of things going on. We have the Furyks, the golf show award, the Ryder Cup with the Le Golf National association. And most notably, golf is back again.”

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# Turning a tax nightmare into a dream



Ric Schilling  
Columnist

## By Ric Schilling

As you have probably heard, President Trump has stated that he plans to lower tax rates. Congress has been working on a number of changes to the tax code that would increase taxes – not tax rates – but taxes, nevertheless. They are just waiting for the right bill to append these in order to get them signed into law. Let’s look at one proposed change that could significantly affect estate planning.

Under current tax rules, when the owner of an IRA (traditional or Roth) dies, the account either passes to the owner’s spouse or to non-spousal beneficiaries. If the IRA passes to a spouse, there is no immediate tax impact. If the IRA passes to a non-spouse, however, then there may be a tax impact (Roth IRAs pass income tax free).

When a non-spouse inherits an IRA, either traditional or Roth, they must elect either to withdraw all of the money from the IRA within five years or choose to receive annual payments, based on the required minimum distribution tables, over their lifetime. Obviously, the latter selection – lifetime payments – creates the opportunity for a much larger payout over time and the possibility of much lower taxes (assuming a traditional IRA), as the amount received in any one year could be based on the life expectancy of the heir.

The option of lifetime payments is what Congress is considering eliminating, potentially for both traditional and Roth IRAs. Their argument is that this type of extended payout creates an economic benefit for non-spousal beneficiaries, which was not contemplated or intended by the law that created IRAs. So, they want to limit the distribution options to the five-year option only. Will this affect estate plans for many? You bet! I know many people who have protected their IRA accounts in order to give them to their children and/or grandchildren with the specific lifetime payment option in mind. If Congress repeals this option, many plans could be dashed.

All is not lost, however. Since life insurance proceeds pass to beneficiaries – any beneficiary – without any income tax liability, one could buy a life insurance policy by taking regular withdrawals from their IRA account and leave the life policy value income tax-free to the heir(s) in whatever manner and with whatever restrictions they wish. And, it is probable that the face value of the life insurance will be well beyond the premiums paid for many years into the future and worth more than the IRA...therefore the gift is highly

enhanced by being in a life insurance policy.

Finally, the value of a whole life or fixed-index life insurance policy generally only rises in value, whereas an IRA account invested in the market can both rise and fall, so using life insurance enhances the predictability of the gift.

*Frederic “Ric” Schilling is a Florida native, born in Jacksonville. Ric is president of Senior Guardians of America, a local North Florida firm specializing in tax reduction, long term illness planning, asset protection, probate avoidance and life income planning. Ric is a national speaker and advocate on senior issues and has been featured by the Florida Times Union and WJXT, TV-4 in Jacksonville as an authority on estate planning and retirement issues. Senior Guardians has an A+ rating with the Better Business Bureau and is a member in excellent standing with the National Ethics Association. Contact Frederic: 904-371-3302 or 888-891-3381 Please visit: [www.seniorguardian.com](http://www.seniorguardian.com)*

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Photos by Chris and Jerry Norton

Shark keeper Brian Salzman and a teammate combine to deny a Seabreeze goal.

# Sharks' drive for state soccer title ends

By Jerry Norton

Ponte Vedra's hope to repeat as state soccer champions came to an abrupt end at the Embry-Riddle Aeronautical University field in Daytona Beach Feb. 10. A pair of second-half Seabreeze goals eliminated the Sharks 2-1 in their state semi-final round matchup.

Ponte Vedra had fought its way into its second straight final-four appearance with an impressive 2-0 shutout win over Ft. Walton Beach earlier in the week — a game that was delayed several hours by thunder storms. Joe Gravelle and Steven Sifontes scored the Ponte Vedra goals.

Against Seabreeze, the Sharks took a 1-0 lead 33 minutes in, when John Hilbert found a small opening between six Sandcrab defenders in front of the hosts' goal for the score. Prior to that, each team had failed to capitalize on several solid scoring opportunities.

Midway through the half, Cole Tepper's rocket shot from a sharp angle caromed off the side of the Sharks' goalpost, then Jack Bingemann's header rattled off the Seabreeze cross bar. Following Ponte Vedra's go-ahead goal, momentum seemed to be with the Sharks for the remainder of the half and well into the second, even though the team wasn't able to finish any of their plays. Still, the chances of the Sharks reaching the championship round looked quite promising.

Unfortunately for Ponte Vedra, with just minutes separating the Sharks from a second straight title game appearance, the momentum shifted dramatically to their opponents. It started with a yellow card infraction call against Ponte Vedra and, while the Sharks were able to withstand the initial assault on their goal stemming from the free kick, they could not survive the next wave of pressure that came moments later.

With 17 minutes left to play, the Seabreeze attackers tied matters 1-1 off a set piece. Six minutes after that, Sandcrabs took advantage of another free kick by converting it into the game-winning goal. In that brief six-minute span, the Sharks' consecutive title hopes perished.

By virtue of the win, the Sandcrabs, not the Sharks, face Merritt Island for the Class 3A state championship on Saturday, Feb. 18 at the Spec Martin Memorial Stadium in Deland.

Shark coach Danny Villarreal had only praise for his disappointed players after the game, citing the incredible accomplishment to make it back to the final-four after losing so many starters from last year's championship team.

"To have this team get this far is absolutely unbelievable," he said. "I am so proud of all these guys."



Ponte Vedra's John Hilbert, #17, finds an opening between six Sandcrab defenders to score for the Sharks.



Sharks celebrate John Hilbert's goal.

**OBITUARIES**

**Larry James Lickenbrock**

Larry James Lickenbrock of Ponte Vedra Beach died Feb. 8.  
 Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery 904-285-1130  
 www.pontevedravally.com

**SHORT TAKES**

**Archaeological Institute to present free public lecture**

The Archaeological Institute of America-Jacksonville Society will meet at noon Feb. 18 in Building 51 at the University of North Florida for a lecture by Dr. Eugene Cruz-Urbe of Indiana University East. His presentation, titled "A Nubian Walks into a Christian Bar at Philae and Asks..." will address complex interactions between various Nubian groups in the south and the Roman rulers of Egypt. This lecture is free and open to the public. Complimentary refreshments will be served afterwards in the Archaeology Lab. Parking is free and faculty, staff and vendor spaces are open to all. For more information, contact Melva Price at (904) 241-9411 or aijaxsoc@gmail.com.

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Photo by Jon Blauvelt

Nease's Tanner Hill pins Ponte Vedra's Evan Merry in the 152-pound weight class bout, one of several wins for the Panthers Feb. 8 as they cruised to a 59-16 victory over the Sharks.

## Nease topples Ponte Vedra in wrestling

By Jon Blauvelt

When Nease and Ponte Vedra square off in any sport, the tension and competitiveness in the air seem to be ever more apparent. That was certainly the case Feb. 8 when the neighboring schools took their rivalry to the wrestling mat, and it was the Panthers this time who walked away with bragging rights after a decisive 59-16 victory over the Sharks.

"We wrestled tough and aggressive," said Nease Head Coach Craig Muckle after the match, adding that Ponte

Vedra has improved throughout the year. "Their basic fundamentals are awesome. You can tell they've been working on that, and these kids have taken to it."

Ponte Vedra started off hot with Gavin Riccobono defeating Nease's Ryan Ward in the 106-pound weight class by major decision, 9-0. Yet Nease would go on to win five of the next seven bouts, which Muckle attributes to lots of hard work and training throughout the year. Ponte Vedra was forced to forfeit matches at 160, 170, 182, 195 and 220 due to a lack of wrestlers at those weight classes.

"We have a young team," said Ponte Vedra Head Coach Mike Ostlund, whose squad features one freshman, seven sophomores, two juniors and three seniors. "Hopefully they'll put in the time this summer, and we'll compete with them next year."

Nease's Sean Arnold (113), Gannon Janssen (120), Tyler Saam (126) and Tanner Hill (152) all pinned their Ponte Vedra opponents, while Jacob Satterfield (132) picked up a win with an 18-2 technical fall. Ponte Vedra's Harrison Crowley (138) and Ethan Baur (145) interrupted the streak of Nease wins with pins of their own.

Prior to the match, the Sharks held a senior night ceremony to recognize and honor the team's three seniors: James Stanton, Harrison Crowley and Marshall Frye.

Nease and Ponte Vedra are competing in the district tournament this week.



Ponte Vedra senior wrestler James Stanton poses with his parents during the senior night recognition.



Photos courtesy of Laurie Colacini Stanton

Ponte Vedra senior wrestler Harrison Crowley with his family during the senior night recognition



Ponte Vedra senior wrestler Marshall Frye with his mother during the senior night recognition

## Former Jaguar Derrick Chambers to speak at Waypoint Church

Former NFL player Derrick Chambers will be the guest speaker Sunday, Feb. 19 at 10:30 a.m. at Waypoint Church in Nocatee.

Captain of the University of Florida football team for two consecutive years, Chambers played in the NFL for three years with the Carolina Panthers and Jacksonville Jaguars. He also served with the Jaguars for Children at the burn unit at Baptist Medical Center.

After his time in the NFL, he studied politics, philosophy and history at the University of Oxford in England, where he was a member of the Oxford Rugby team at St. Peter's College. He then went on to study at Princeton Seminary, where he served as a Princeton Academic-Athletic fellow, mentoring student athletes.

Waypoint Church is located at 225 Gospel Drive in Nocatee's Greenleaf neighborhood.



Photo provided by Waypoint Church





Photo provided by DONNA Foundation/St. John & Partners

# The DONNA Foundation holds 10th Anniversary Marathon Weekend

The 10th annual DONNA Marathon Weekend wrapped up Sunday, Feb. 12 with a handful of records and renewed resolve to ending breast cancer. The weekend saw DONNA's first hand crank and push rim wheelchair athletes, the new 10K and Booby Trap Challenge, first three-time DONNA Champion and records set by its youngest half-marathon and Ultra 110 Marathon winners.

More than 10,000 runners joined the weekend-long festivities from around the country and around the world – participation that set yet another record for a single DONNA Marathon Weekend. Among

that number was a spike in breast cancer survivors.

Founder Donna Deegan, a three-time breast cancer survivor, was thrilled with the results.

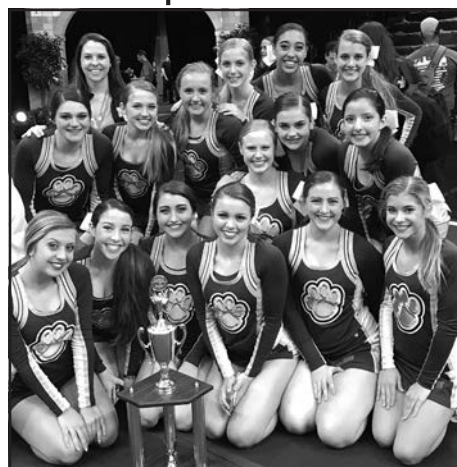
“Perfect – that’s about the only word that adequately describes all of the elements of the 10th anniversary year for DONNA Marathon Weekend,” she said. “There were so many milestones, firsts and, especially, so much love on the course. I am beyond grateful and, with this much joy surrounding us, I know we will just continue to build toward a world without breast cancer.”

## Nease cheerleaders place 10th at national competition

The Nease High School varsity cheerleading squad made it to the finals at the National High School Cheerleading Championship in Orlando last weekend, executing a routine that earned them 10th place in the nation.

Led by Coach Melissa Fraum, the squad made it past the preliminary rounds for the first time in school history, performing a perfect routine in the semi-finals Feb. 11 to earn a spot in the finals.

The cheerleading squad’s performance will air on ESPN2 at 10 a.m. March 11.



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# Ponte Vedra golfer named to U.S. golf team for 20th World Maccabiah Games



Photo provided by Mark Berman

Ponte Vedra resident and golfer Hannah Berman will travel to Israel this summer to compete in the 20th World Maccabiah Games, where the

world's top Jewish athletes gather every four years for an Olympics-style event.

Peter Epstein, head coach for Team USA's men's and women's golf teams, recently announced Berman's appointment for the games, which are set to take place July 4-17.

"I think Hannah's ability and experience will prove to be an advantage for us this summer," Epstein said.

Team USA will send a team of more than 1,100 athletes, who will join the 8,750 Jewish athletes from 80 countries participating in 43 different sports. Berman, 19, will be the youngest member of the women's golf team.

"It is truly a humbling honor to represent Team USA at the Maccabiah Games," Berman said. "I am certainly hoping to bring a medal home to the First Coast. This is a once-in-a-lifetime opportunity to connect with my sport, my faith and Israel in a shared experience with fellow athletes, and also with my family who is coming along for the journey."

A 2016 Ponte Vedra High School graduate, Berman was a two-year team captain and two-time MVP who led the Sharks to a sweep of district and regional titles and a fifth-place finish in the state championships during her senior year in 2015. She is currently on the golf team at the University of West Florida, where she was named October's Gulf Coast Conference Freshman Athlete of the Month.

Berman started playing tournament golf locally at 9 years old on the North Florida Junior Golf tour, regionally on the Hur-

ricane Junior Golf tour and nationally at American Junior Golf Association events, including the Rolex Tournament of Champions. At 16, Berman played in the 2015 U.S. Women's Amateur Championship and has qualified for the 2017 U.S. Women's Amateur Four-Ball Championship.

Off the course, Berman has raised more than \$50,000 for local charities. She started her own fundraiser called "Hitting it with Hannah," when she was 12 years old and has participated in the AJGA's Birdies for Charity program. She was honored with the 2015 USGA-AJGA Presidents' Leadership Award, the highest honor in the nation given to a junior player. In 2016, Berman was named a Florida State Golf Association Scholar, as well as the recipient of the Jacksonville Area Golf Association's Bill Black Scholarship.

The Maccabiah Games tournament will be held at the Caesarea Golf Club located on the eastern shore of the Mediterranean Sea. Past gold medalists include Bruce Fleisher (1969), Cory Pavin (1981), and in 2013, Laetitia Beck of Israel, a 2014 Duke University graduate now playing on the

**BERMAN** continues on Page 42

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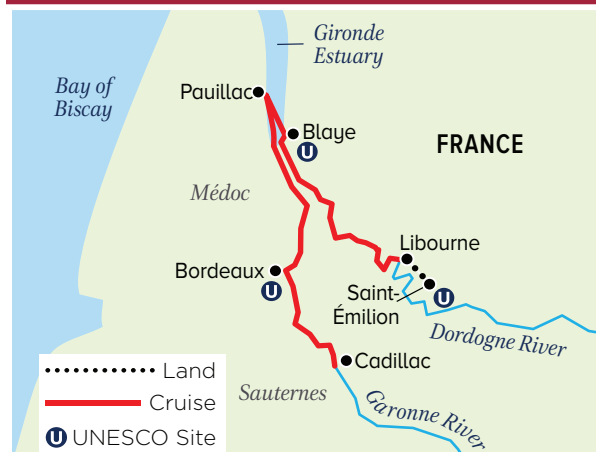
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# Berman

Continued from 42

## LPGA Tour.

In addition to the games, athletes will participate in ISRAEL CONNECT, a cultural and educational program which takes place for seven days prior to the start of the event. Athletes will have the opportunity to tour historical and religious sites, participate in cultural identity seminars

and train with their teams, while developing lifelong relationships.

“Golf has taken me to amazing places, helped me make friends all over the world and given me experiences I never would have had otherwise,” Berman said. “Being part of the Maccabiah Games will be right up at the top of that list.”



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1	2	3	4	5		6	7	8		9	10	11	12
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71						72				73			

**ACROSS**

- 1. Flat-bottom hauler
- 6. Ewe's cry
- 9. 32-card game
- 13. \*"The \_\_\_\_\_ Suspects," winner of two Oscars in '96
- 14. Not in good health
- 15. O.J.'s nickname
- 16. Forearm bones
- 17. 18-wheeler
- 18. Change the Constitution, e.g.
- 19. \*"Hidden Figures" nominee
- 21. Recessed space
- 23. Half a dozen
- 24. Bird's groomer
- 25. Male
- 28. Western Samoan money
- 30. \*#15 Down, e.g.
- 35. Geishas' sashes
- 37. Poet Angelou
- 39. Swelling
- 40. Quite a stretch
- 41. Deadly sin
- 43. Arrival times
- 44. Bigwig in the Orient
- 46. Dwarf buffalo
- 47. Solomon, e.g.
- 48. Freshwater protozoans
- 50. Arab ruler
- 52. Grazing land
- 53. "\_\_\_\_\_ we forget"
- 55. Sheep not yet sheared
- 57. \*"Manchester by \_\_\_\_\_"
- 60. \*Hidden what?
- 64. \*"Moonlight," e.g.
- 65. Golfer's goal

**DOWN**

- 1. Plant prickles
- 2. "Hurry!"
- 3. Like unpleasant awakening
- 4. Capital increases
- 5. Provoke
- 6. Ethiopian currency
- 7. \*Will Smith's 2002 nominated role
- 8. Lake scum
- 9. Japanese wrestling
- 10. Capital on the Dnieper
- 11. High school breakout
- 12. "Ideas worth spreading" online talk
- 15. \*Portman's role
- 20. MCAT and LSAT
- 22. Research location
- 24. Infantryman's knife
- 25. \*Animated nominee
- 26. Perpendicular to the keel
- 27. She turned to stone, Greek mythology
- 29. \*"\_\_\_\_\_ Land"
- 31. Lyric poems
- 32. Flower part
- 33. Candidate's concern?

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		9				7			
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							5		6

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

- 34. \*Ben's younger brother and best actor nominee
- 36. Nose-in-the-air type
- 38. Tiny piece of anything
- 42. Site of 2010 cholera outbreak
- 45. \_\_\_\_\_ fir
- 49. To witness
- 51. Sadness about past
- 54. Like foolish or romantic movie
- 56. Gourd musical instrument
- 57. Genealogical plant
- 58. \*Academy Award winning composer Zimmer
- 59. What exhaust pipes do
- 60. Worry
- 61. \*Oscar nominee and 2017 Golden Globe winner
- 62. Comfort
- 63. Iditarod ride
- 64. Banned insecticide
- 66. 1/100 of a hectare

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## Karate kids

### Local trio brings home gold

Three students of Ponte Vedra Beach's Karate America's ATA Taekwondo Competition Team won a total of seven medals Saturday, Jan. 28 at the Regional A tournament in Memphis hosted by Grand Master In Ho Lee.

Lilly Sonn, who holds a brown belt, was awarded first in forms and weapons and third in sparring; Xander Javier, who is black belt recommended, was awarded

first in weapons and second in forms; and Jessie Miller, who is black belt decided, was awarded second in forms and third in weapons.

All three train at Karate America Ponte Vedra Beach owned by Grand Master Clark and were instructed by Chief Instructor Master Gimenez and World Champion Amber Smith.



Photo by Xavier Javier

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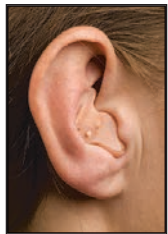
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