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PONTE VEDRA



# Recorder

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"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Dr. Martin Luther King Jr.



## HONORING A HERO

First Coast residents honored the late Dr. Martin Luther King Jr. in St. Augustine on Monday. Flip to pages 10-11 for more.

Photo by Jon Blauvelt

Who's Who  
in Healthcare

Pages 15-26



Business Weekly

Pages 27-32

In the Arts

Pages 33-35



### CAR OF THE WEEK

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## INSIDE

One of Us

Page 6

Calendar

Pages 22-23

Business Weekly

Pages 27-32

Sports

Pages 36, 38



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

### WHAT'S THIS?



#### Do you know what this is?

Email your answer to [jonb@opcfla.com](mailto:jonb@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.

Three readers correctly identified last week's photo as the sign for Calvet Couture Bridal. The winner of the random drawing was **Judy Reed**. Congratulations, Judy — you may pick up your prize at the Recorder office during normal business hours.



### ADOPT A PET

#### CAT OF THE WEEK

Mango is a 4-year-old male cat who was brought to the Pet Center as a stray, which means there may be some



traits that are unknown at this time. Come visit Mango at the Pet Center today. #48214



#### DOG OF THE WEEK

Rascal is a small Labrador terrier mix male dog who was released by his owners. He has lots of energy. Because he is an owner release, there may be some traits that

are unknown at this time. Come visit Rascal at the Pet Center today. #48286

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

### St. Johns County Pet Center

Cat adoptions are currently \$15 and are being sponsored by the Friends of the Pet Center! They are usually \$30 for males and \$40 for females. Dog adoptions are \$45 for males and \$60 for females. Adoption fees include microchipping, neutering/spaying, rabies vaccinations and shots. The pet center is located at 130 N. Stratton Road in St. Augustine, off U.S. 1 between County Road 210 and International Golf Parkway. Business hours are Tuesday through Friday 9 a.m. to 4:30 p.m. and Saturday 9 a.m. to 4 p.m. The center is closed to the public on Sunday. On Monday, the office is open by appointment only to claim a lost pet. **For more information, please call the St. Johns County Pet Center at (904) 209-6190.**

### PUZZLE SOLUTIONS

E	C	R	U		B	U	D		I	R	A											
G	L	E	N		F	U	N	D		B	A	S	E	D								
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7	9	5	6	2	8	3	1	4															
8	3	1	5	9	4	6	7	2															

Solutions correspond to last week's puzzles.

# January

# ZOO

# DEALS



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**Stunning Riverfront Estate**  
Riverfront/ San Marco

Instantly makes you feel you've been swept away to a chateau in France. Exquisitely designed with extensive custom finishes, this 10,204-sq.-ft. tudor-style home is a masterpiece in design and built for entertaining. This **5 bedroom, 6 full bath, 5 half bath** home will not disappoint. **\$7,800,000**



**A Sophisticated and Luxurious Retreat on Ponte Vedra Blvd**  
Ponte Vedra Beach/ Oceanfront

This impressive oceanfront home reflects that magical merging of beach living and architecture. Situated on 220ft of Oceanfront and designed by Residential Designs by Kevin Gray, Inc and built by Elwood Collier, this estate is a masterpiece of design and craftsmanship. It's location atop one of the highest natural sand dunes along the Florida coast (with the finished floor elevation is approximately 33.5' above sea level) allows owners the ultimate beach living experience. **4 bedrooms, 5 and 3 1/2 bathrooms \$8,750,000**



**Sophisticated Coastal Living at its Best**  
Ponte Vedra beach / Oceanfront

This 5-bedroom, 4+ bath, home is the epitome of southern charm with over 8,400 sq. ft. that showcase spectacular ocean views. The open living areas, including large formal dining room with grand fireplace, lend themselves to entertaining everything from large celebrations or simply enjoying intimate moments near a roaring fireplace. **5 bedrooms and 5.5 bathrooms \$6,100,000**



**Move-in ready on Exceptional Lot**

Located on one of the most extraordinary lots in all of The Plantation, this property recently underwent a makeover and is move-in ready. The beauty outside of the home is reflected throughout with stunning views of the pool, lake, and golf course creating the ideal space for indoor-outdoor living. **4 bedrooms, 3.5 baths \$950,000**

# AARP Foundation Tax-Aide begins new season Feb. 1

AARP Foundation Tax-Aide, the nation's largest free tax preparation provider, will start providing services Friday, Feb. 1 at its 13 Jacksonville-area locations. The services will continue through Saturday, April 13.

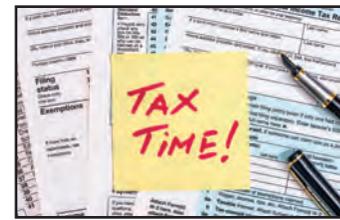


Photo courtesy of metrocreativeconnection.com

Taxpayers must bring Social Security cards for themselves and all dependents, photo ID, all relevant tax forms and

records (W-2, SSA-1099, medical expenses, etc.), last year's tax return and all healthcare insurance documents.

Some locations and times of service have changed from prior years; taxpayers are advised

to check locations and times of service by calling 1-888- 227-7669 or checking online at [www.aarp.org/FindTaxHelp](http://www.aarp.org/FindTaxHelp).



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# COLLECTION



**OAKLEAF PLANTATION**  
**\$297,000**

Move-in ready ranch-style home with split bedroom plan, 4 bedrooms, & 3 baths. Features tile in main living areas, upgraded bathrooms, a large front porch, covered patio, & fenced backyard. Upgraded kitchen offers granite countertops, travertine backsplash, & new LG appliances. MLS 973877

**Patti Mohr | 904.813.4430**  
[PattiMohr@WatsonRealtyCorp.com](mailto:PattiMohr@WatsonRealtyCorp.com)



**GREENLEAF VILLAGE**  
**\$342,990**

Coastal craftsman home on large lot in Greenleaf Village. Features 3 bedrooms, 2.5 baths, a large dining room with hardwood floors, open kitchen & family room, hurricane-safe pantry, large windows overlooking the fully fenced backyard, & expanded screened back porch. MLS 974476

**Jim Zeller | 904.772.5592**  
[JimZeller@WatsonRealtyCorp.com](mailto:JimZeller@WatsonRealtyCorp.com)



**FAIRFIELD**  
**\$369,900**

Stunning home with spectacular water views & updates throughout. Features an open floor plan with lots of natural light & an awesome sunroom. Ideally located moments away from the beach, great restaurants, shopping, & country clubs in sought-after gated neighborhood. MLS 973949

**Kay Kennedy | 904.631.4184**  
[KayKennedy@WatsonRealtycorp.com](mailto:KayKennedy@WatsonRealtycorp.com)



**JACKSONVILLE BEACH**  
**\$378,900**

Enjoy the best of beach living! Situated on a peaceful pond, this immaculate home features split bedrooms, a wonderful great room with fireplace open to the kitchen, & large, tiled back porch. Recent updates include brand-new HVAC & new kitchen with soft-close cabinets & stainless appliances. MLS 974009

**Missy DeKay | 904.613.2445**  
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# MSD board elects new officers

By Jon Blauvelt

The Ponte Vedra Beach Municipal Service District (MSD) Board of Trustees elected new officers at its most recent meeting on Monday, Jan. 14.

The Board ultimately elected John Cellucci as chairman, Brad Wester as vice-chairman and Gary Jurenovich as treasurer.

The election for chairman started with Jurenovich, the previous chairman, nominating Cellucci for the position. Trustee Kitty Switkes subsequently nominated trustee Brad Wester for chairman. Come time for the vote, however, Wester voted for Cellucci and essentially withdrew his nomination.

"I think a logical stepping ground, not to get ahead of myself, would be to spend time as vice-chair before," Wester said.

As a result, all trustees switched their votes to Cellucci. Wester was then nominated for vice-chair and unanimously elected to the position.

The treasurer election proved to be the most competitive. Cellucci kicked off the process by nominating Jurenovich to the position. Switkes, in turn, nominated recently sworn-in trustee Holly Kartsonis for treasurer.

Both Kartsonis and Jurenovich were provided with an opportunity to state their case for the position. Kartsonis noted that she previously served as the chief financial officer of Nemours Children's Clinic, as well as in other financial positions. She also spoke to her community involvement on many other boards, including Easter Seals and the Rotary Club of South Jacksonville.

"I have a lot of experience in doing this sort of job," Kartsonis said. "I think it really pulls you into the day to day. I feel capable of that, and I am very interested in



John Cellucci



Brad Wester



Gary Jurenovich

working with the MSD. This would be a good way to do it."

Jurenovich, who has served the MSD for more than 12 total years as a trustee, noted he's been treasurer of the MSD six times. As a result, he said he knows the "ins and outs and workings of it." He also said his previous efforts resulted in the MSD building their reserves back up to approximately \$200,000 in the early 2000s, which he said prevented the district from having to raise taxes during the Great Recession.

Recently sworn-in trustee Mack McCuller questioned if the treasurer duties would be better suited for someone new who has direct financial experience, allowing Jurenovich to focus on his other many responsibilities, such as going to St. Augustine, lobbying on behalf of the MSD, etc. Jurenovich suggested that the better route for Kartsonis would be to "start out and learn and then move up from there."

"Go out there and start a 'big dog' project," Jurenovich advised. "Go out there and start getting together with county administration. Go out there and start riding around with our commissioners. That's how you learn about the MSD."

Jurenovich additionally noted that the position of treasurer is the "work position," requiring several responsibilities such as going to the post office, approving

invoices, generating the P&L, completing the budget and audit, etc.

"The treasurer probably does 10 times more work than the chairman and vice chairman," Jurenovich said. "I've done it and I'm used to it."

Wester asked if Kartsonis has the time for such a commitment. Kartsonis said she's been running her husband's practice for the past 12 years but has transitioned to part time as of a year and a half ago, providing her with more time. She also voiced her confidence in her budgeting skills, both personally and professionally, as well as her overall business acumen, noting that she manages a few of her real estate properties. Following Kartsonis' remarks, Switkes suggested that the board should consider having a female officer "for a change on the MSD."

The board ultimately voted for Jurenovich 4-3, with Jurenovich voting for himself along with Wester, recently sworn-in trustee Al Hollon and Cellucci. Kartsonis voted for herself along with Switkes and McCuller.

At the next MSD meeting on Monday, Feb. 11, the board will delegate areas of responsibility for each trustee. The meetings are currently being held in the MSD office in the St. Johns County Tax Collector's Annex on Palm Valley Road.

## LETTER TO THE EDITOR

Each new year, we reflect over the past and consider the year that lies ahead. It does not matter who you are, it is always better and most rewarding to have a plan and or goals to achieve. We are all very busy with what life throws at us every day. Have we become too busy to make a difference? I think not.

Most times, it is just a matter of getting better organized and finding an interest. How do we find the extra time? Why don't we start by putting down those electronic devices that take up half of our day? What I have noticed over the years is that there are so many ways to make a difference in and around our community. Things don't just happen! They happen because people decide to give of themselves and the time needed to make a difference. Whether you consider a church, school, sport, homeowners association, community group, club or politics, there are so many ways to get involved and help out.

I recently took part in an important community issue that was reviewed and ultimately decided on by our county government. At that meeting, I noticed the same small group of individuals there speaking on behalf of the local organizations they represented. It just so happened that those who did speak managed to hold the line and protect the integrity of our county land development code. Big decisions were made that day!

As we move ahead, let's consider the following: It shouldn't be just a few making a community difference. It takes all of us!

**Victoria Corlazzoli**  
Ponte Vedra Beach

## Ayla's Acres to host fourth annual gala Feb. 2 in St. Augustine

Ayla's Acres No-Kill Animal Rescue is holding its fourth annual gala on Saturday, Feb. 2 to raise funds for its Peter's Friends Animal Resource Center project.

Hosted by Loretta Swit of "M\*A\*S\*H", the event, titled "Rollin' Down the Matanzas Casino Night," will take place at the River House in St. Augustine. The event will run from 6 to 10 p.m. and feature Texas Hold 'Em poker, slot machines, blackjack, roulette and craps. The "funny money" winnings will go toward raffle tickets to win items donated by local businesses.

A silent auction that includes travel, art and intrigue will be part of the fun. The Purple Olive will cater heavy hors d'oeuvres. Dessert will be served, and beer and wine will be available. Live entertainment will be provided by Little Jake and Soul Searchers.

Swit has been nominated and/or won awards including Emmy Awards; People's

Choice; Golden Globes; The Sarah Siddons Award; and a Lifetime Career Achievement Award from the Fort Lauderdale Film Festival. She was host and creative consultant of the series, "Those Incredible Animals," for the Discovery Channel. For her humanitarian efforts, she recently received the Betty White Award by Actors and Others for Animals, and is an honorary board member of Ayla's Acres No-Kill Animal Rescue. She just released the book, "SWITHEART: The Watercolour Artistry & Animal Activism of Loretta Swit" and will be signing copies of the book at the gala. All of the money raised from the sale of the books goes to Loretta's Switheart Foundation, of which Ayla's Acres is a recipient.

"This is our fourth Loretta Swit and Friends Gala," said Fran Charlson, execu-



Ayla's Acres Executive Director Fran Charlson (left) poses for a photo with M\*A\*S\*H star Loretta Swit during last year's Casino Night on the Greens fundraiser gala.

Photo by Benjamin Naim



**A right whale and her calf are spotted off the coast of Ponte Vedra on Jan. 13.**

Photo courtesy of Marine Resources Council

# Marine Resources Council asks residents to help give 'right of way' back to North Atlantic right whales

Reporting a spotting can help keep ships from colliding with whales offshore

By Amber Lake

On Jan. 13, at 5:45 p.m., a rare sight took place off the coast of Ponte Vedra. The presence of a North Atlantic right whale calf was identified, only the second one spotted this winter.

The sighting of a whale off the coast might seem noteworthy, but not spectacular. When considering a recent technical memorandum issued from the National Oceanic and Atmospheric Administration (NOAA) in September 2018, however, the presence of a calf seems more like finding a needle in a haystack as big as, well, the ocean.

The memorandum stated that there were only 411 known North Atlantic right whales left. Of that, only five calves were born in 2018. Unfortunately, 19 right whale deaths were reported that year as well, with the cause of death divided between ship strikes and entanglement in fishing gear. Between the lack of births and rate of deaths, the population "could decline past the point of no return in just a few decades," according to the memorandum.

The good news is that there is a way everyone can help.

The Marine Resources Council (MRC)'s North Atlantic Right Whale Conservation program is hosting a class on Saturday, Jan. 26 in Ponte Vedra to help train and educate participants in spotting these highly endangered animals.

Julie Albert, the coordinator of the program, said reporting sightings can be critical for conservation efforts. Not only do the sightings help track migrations routes, they can also help researchers gather photo ID and collect genetic and behavioral data.

"All this stuff plays into laws like slowing the ships down in areas where we know right whales are," Albert said. "They've shifted shipping lanes in and out of ports. A lot of this is because we know what areas the whales are using because we can say we've documented one in that place at a certain time of day. That's how habitats are established in those areas where the laws are in place. We wouldn't be able to do all that if people weren't telling us where they see the whales."

Unfortunately, ship collisions are one of the reasons that the whales haven't recovered significantly in population since the 1930s, when they got international protection from whaling ships. At the time, it was estimated that there were fewer than 100 left, according to Albert.

The World Wildlife Fund (WWF) states

that the initial devastation to the species was caused by the demand for their oil and baleen (filter-feeder system in the whale's mouth), which were used to light lamps and to make corsets, buggy whips and other popular items of the day. In the 1850s, whaling was the fifth-largest U.S industry, hosting 735 ships that hauled in 8,000 whales, according to a PBS News Hour article. Most of those whales were North Atlantic right whales who were even named for being the "right" whale to hunt.

By reporting sightings, Albert said they in turn can send that information to all ships in the area, alerting them to slow down. Since right whales only travel about 6 miles per hour, notifying ships of their presence can potentially save their lives.

According to Albert, a few things beachgoers can watch out for are:

- Rough, white patches of skin on the head called callosities
- Short, stubby, black flippers on the sides of the body
- Triangular, black tail with smooth edges and a deep notch in the middle
- No dorsal fin
- V-shaped blow of water when they exhale

Also, Albert asks that the spotter look for any ropes or buoys that might be attached or following the whale. Many times, a whale can get entangled with de-

bris, which is potentially fatal for them. In the event of an entanglement, Albert said they can initiate a response team to aid in cutting it free.

She also noted that it is imperative that people do not approach the animal. There is a 500-yard approach law that requires people to not get any closer to the whale than that.

Most importantly, any observers should report sightings of right whales to the call-in hotline (below) so that Albert and her team can work to protect it.

"I feel like as a human, after everything that they've been through that (we) have done to them, that we owe something back to them," Albert said. "A lot of people put human characteristics on them when they see them interacting with calves. There is definitely a human quality to them. But I think it's mostly that they have every right to be here as much as we do."

The Jan. 26 class will be held at the GTMNERR Visitor Center in Ponte Vedra, formally known as the Environmental Education Center, from 1:30 to 2 p.m. Attendees will learn about whale history, conservation and spotter training. For anyone unable to attend the class, more information and a spotter training video can be found on the Marine Resources Council website at [savetheirl.org](http://savetheirl.org).

In the event of a sighting, call the whale sighting hotline at 888-97-WHALE (888-979-4253) as soon as possible.

*MaryAnn Nason is a Ponte Vedra resident and WomenHeart Champion after graduating from the Science and Leadership Symposium (S&L) at the Mayo Clinic in Rochester, Minnesota.*

## MaryAnn Nason

### Can you please briefly tell us about your background?

My husband and I moved to Ponte Vedra five years ago from the DC area where I worked at George Mason University in the Undergraduate Honors Program, as well as in various volunteer roles. We have three children and two grandchildren.

### What is your journey with heart disease?

In April 2017, I had a breast MRI due to an increased risk of breast cancer. The radiologist at Mayo Clinic reported an incidental finding of a 4.3-centimeter ascending aortic aneurysm. Upon further testing, an 8-millimeter tumor was also discovered in the ascending aorta. Since I do not have any significant medical history, this came as a shock. The tumor is rare and there has not been much, if any, viable research done on this condition. I got as many different opinions as doctors I talked to. I combed through NIH case studies. The tumor measured 8 millimeters, which is quite small. Due to the degree of mobility and the risk that it may cause, however, I chose to have it removed. In August 2017, I had open heart surgery to remove the tumor. That ended up being a very good choice because the tumor ended up being 2.2 centimeters.

### What does it mean to be a WomenHeart Champion?

After my open-heart surgery, my cardiologist at the Mayo Clinic nominated me to become a WomenHeart Champion. I was chosen to attend the WomenHeart Science and Leadership Symposium in Rochester, Minnesota in October 2018. WomenHeart is the National Coalition for Women with Heart Disease. WomenHeart is the only national organization dedicated to advancing women's heart health through advocacy, community education and patient support. As the leading voice for the more than 43 million American women living with or at risk for heart disease, WomenHeart advocates for equal access to quality care and provides information and resources to help women take charge of their heart health. As a WomenHeart Champion, I can support our mission in many different roles. It is an honor to be part of this wonderful organization!

### We understand you have some events coming up in the community. Can you please tell us about those?

February is Heart Month! It is time to rock the red and bring awareness to women living with and at risk for heart disease. You will find me around our community handing out Red Bags of Courage with interesting facts about the unique issues pertaining to women and heart disease. Men are also welcome to pick up a Red Bag of Courage for the women in their lives.

### What's your message to other women, both those living with heart disease and those not?

Start the conversation. Educate yourself. Know the symptoms. In my case, I had consistently presented at doctor visits with high blood pressure. I was told it was stress or hormones or "white coat syndrome," meaning I was nervous while visiting the doctor. In retrospect, I realize that those responses by doctors were an opportunity for me to start a conversation. Traditionally, doctors will take a man who presents with chronic high blood pressure more seriously than a woman. It turns out I did have chronic high blood pressure and now have permanent heart damage. Heart disease has long been thought of as a man's disease, yet women are dying at greater rates.



Photo by Roseann DeTomasso

Simply put, women's symptoms are often dismissed. WomenHeart is focused on gender equality in all areas of women's heart health.

### What do you enjoy most about living in Ponte Vedra?

Everything! The beaches, the restaurants, the slower pace. One of the exciting things I am finding since I started this journey with WomenHeart is the amazing women I am meeting. Women who are courageous and

smart and invested in supporting each other.

### What do you like to do in your free time?

Bike riding, walking and getting together with friends is what I love to do ... and it keeps me healthy. Since none of our kids live in Florida, my husband and I enjoy traveling to visit them and, of course, they love coming here!

*Edited by Jon Blauvelt*



Photo by Benjamin Naim

Attendees play cards during last year's fundraiser gala for Ayla's Acres. This year's gala, "Rollin' Down the Matanzas Casino Night," will take place Feb. 2.

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## Ayla's

Continued from 4

tive director of Ayla's Acres No-Kill Animal Rescue. "It's an important component in making Peter's Friends a reality. Events such as this will make that possible. This event is going to be a terrific evening of fun and entertainment right in St Augustine. You won't want to miss it!"

Tickets are \$95 and include a drink ticket (beer and wine), \$250 in "funny money," one raffle ticket, heavy hors d'oeuvres, dancing and live entertainment. Tickets are available for purchase online at [www.aylasacres.org](http://www.aylasacres.org) or by calling (904) 325-3554. You can also buy tickets at the Ayla's Acres Thrift Shop located at 142 King St. in St. Augustine.

Ayla's Acres is a St. Augustine-based nonprofit supporting adoption, spay and neuter and responsible care of animals. Along with education, outreach, adoption and fostering programs, Ayla's Acres maintains a 45-acre sanctuary where "unadoptable" animals may live out their lives with peace, love and dignity.

The organization is currently raising money to build the St. Johns County-based Peter's Friends Animal Resource Center, which will serve as an adoption facility, low-/no-cost spay and neuter clinic and education and outreach center. Ayla's Acres receives no government funding, relying instead on private grants and donations of money, supplies and items that are sold through its thrift shop.

Some of the event sponsors include Ted and Page Pratt, Fred and Kalisa King, Mimi Selig, PIA and Me Scenic Charters, Spickelmier Insurance, Thompson Realty & Development Inc., Toni Crawford, First Coast Veterinary Specialists, First Coast Veterinary Emergency, Boomerang Air Charter, My Sky, Southeast Veterinary Hospital, Cordova Company, A and T Home Services, Pure Energy, Tyson True Chews Dog Treats, St. Augustine Hyundai, Blue Buffalo, Reunion Bank, Herbie Wiles Insurance, Endless Summer Realty, Portnoy CPA, FLNG Foundation, Movement Mortgage and Sampson Collaborative Law, PLLC.

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Jen Hendrich, Lucia Miller, Jackie Smith, Lori Adams and Jared Rice

## THE PLAYERS Championship executive director provides updates on tournament at Chamber luncheon

By Jon Blauvelt

The change in date from May to March, parking and ridesharing, a new entrance into the tournament and a campaign to invest in the tournament's equity colors, were among the topics discussed by THE PLAYERS Championship Executive Director Jared Rice at a Chamber of Commerce luncheon on Jan. 10.

Held at Sawgrass Country Club in Ponte Vedra Beach, the event was a joint luncheon for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce and the Beaches Division of the JAX Chamber. Rice served as the keynote speaker and provided a few updates on the tournament, which is scheduled for March 12-17 after being held in May for 11 years.

### Date change

Rice said the date change was part of a much larger strategic decision of the PGA TOUR to condense its schedule and apply a more thoughtful approach to the cadence of the season.

With THE PLAYERS now in March, Rice said the tournament kicks off the major championship season, which now peaks each month culminating with the FedEx Cup Playoffs and concluding with the TOUR Championship. With these scheduling changes in effect, Rice said the PGA TOUR can finish its season before the start of the NFL and college football.

"We have a great opportunity as a sport to own these months," Rice said.



Photos by Jon Blauvelt

THE PLAYERS Championship Executive Director Jared Rice addresses attendees of a joint Chamber luncheon on Jan. 10 at Sawgrass Country Club.

## Family plan ticket packages to THE PLAYERS now available

THE PLAYERS Championship is under 50 days away from returning to TPC Sawgrass March 12-17, 2019, and the tournament is now offering a family plan package to make the tournament more affordable.

The Family Plan package offers additional savings and benefits for families seeking a day at THE PLAYERS. Families get two adult Stadium Passes, unlimited youth admission and two \$10 concession vouchers. The Family Plan is \$120 for Thursday and \$140 for Friday, Saturday and Sunday (taxes not included).

In addition, the Family Plan is being sold at 30 participating Daily's convenience stores through March 17, until all tickets are sold, and at THEPLAYERS.com through March 1.

Here are a few things to know before attending THE PLAYERS with your family:

- Opaque bags measuring 6x6x6 inches and smaller or clear bags 12x6x12 inches and smaller are allowed inside the course grounds.

- THE PLAYERS branded clear bags will be sold at the 30 participating Daily's convenience stores that are selling The Family Plan. The bags cost \$5, and the money is donated to The First Tee of Northeast Florida.

- THE PLAYERS allows fans to bring in their own food in a 1-gallon clear, plastic bag where food items are also wrapped in clear wrap.

- Fans can refill their empty water bottles at the filtered water stations throughout the course. This policy does not allow fans to bring in outside water bottles and/or beverages.

- Strollers, small diaper bags, plastic baby bottles and other essential baby supplies are permitted. The infant must be with the carrier. Items are subject to search.

- There is no limit for the number of youth (18 and under) admitted FREE with one ticketed adult.

Parking is not included with ticket purchases Thursday through Sunday. All parking on Tuesday and Wednesday is free. Spectators are encouraged to plan transportation in advance. Cars with four or more passengers park for free under THE PLAYERS "Four for Free" policy (download vouchers at <https://theplayersparking.clickandpark.com>).

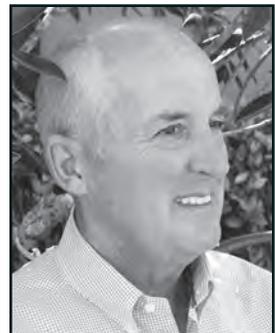
Volunteering at THE PLAYERS is a unique avenue for not only golf fans, but also for those looking to support an event that gives millions of dollars back to the community and to become part of the team that works tirelessly to make the tournament a showcase of excellence. Volunteer registration began Nov. 5, 2018. Those who wish to apply to be a volunteer at THE PLAYERS this year or who want more information can visit [THEPLAYERSvolunteers.com](http://THEPLAYERSvolunteers.com).

More information about THE PLAYERS is available at [THEPLAYERS.com](http://THEPLAYERS.com).

# Retired FCCJ vice president takes hard look at academia in 1970s with novel 'A Crooked College'

By Amber Lake

On the surface, the convention of higher education is vaguely wrapped in Roman pillars and meticulously groomed landscaping. Students are seen weaving in and out of corners. They serve more as a decorative element to its inner workings, a faculty and administration pulling levers and oiling the academic machine — acting as the true face of the “Wizard of Oz.”



Dr. Timothy Lightfield

At least that’s the perspective of Ponte Vedra resident Dr. Timothy Lightfield, who is taking it upon himself to pull back the curtain of academic facade in his recently published book, “A Crooked College.”

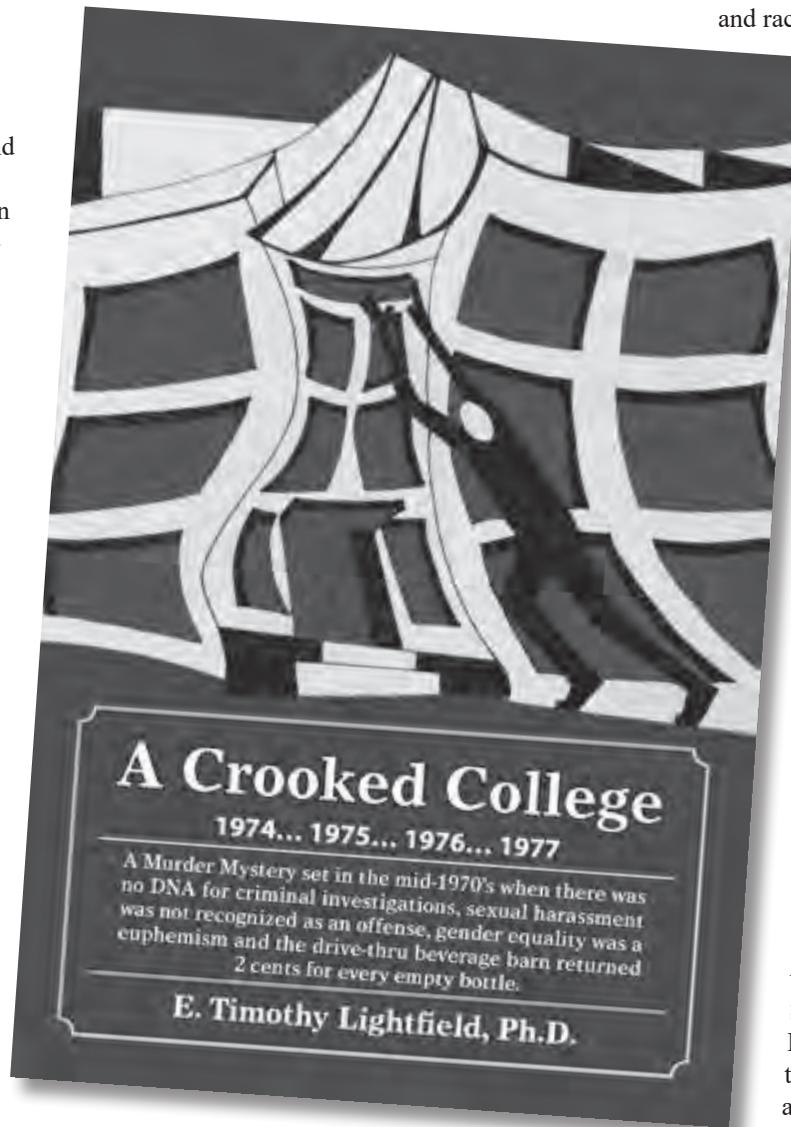
In his first novel, Lightfield sets the stage for the corruption, chaos and confusion within a fictitious New Jersey college in the turbulent 1970s. All of this serves as the backdrop for the murder mystery that starts to unveil the administration’s secrets as the criminal investigation draws closer to revealing the true nature of the crime.

So, what is behind the curtain?

“Shenanigans,” Lightfield said.

A retired 30-year vet of higher education, Lightfield draws on his actual experiences and interactions as material for the novel. Serving over that period as a professor, researcher, chief academic officer, campus provost and president, Lightfield has extensive experience working within every aspect of the multi-faceted institutions. Part of his background includes serving as the vice president of academic affairs at the Downtown campus of Florida Community College at Jacksonville (FCCJ), which is now Florida State College at Jacksonville (FSCJ).

“It’s more (about) relying upon your experiences to



tell a story,” Lightfield said. “That’s kind of what I did. I relied upon my experiences to tell a fictional story in which the situations are nonfiction.”

Many of these situations reflect a time, said Lightfield, when sexual harassment wasn’t considered harassment

and racism and gender inequality ran rampant within the administration.

“This was the beginning of women’s equality,” Lightfield said. “Sexual harassment wasn’t even a concept. What you do with that? It’s not against policy because you don’t have policy against it.”

Lightfield remembers a time when the college president was snapping the back of his co-worker’s bras for amusement. He also remembers arguments against observing Martin Luther King Jr. Day as a holiday and professors that were exchanging sexual favors for grades.

“Maybe there’s a little bit of ‘Mad Men’ in it that it’s kind of an expose of life in those days,” Lightfield said. “I mean, I remember they always had alcohol in the office. It was as common as having a glass of water. I remember (someone) that had a serious alcohol problem. How do you deal with it? There’s no mechanism to deal it in that environment. How do you get him help? It was not recognized as a social problem. Let alone any sort of a disease that that needs treatment.”

The stark contrast between the formal storefront of higher education and the barbaric actions of the administration and staff is a running theme within the novel. The story progresses as the life of the deceased president is played out, simultaneously unraveling the secrets of the college. Sprinkled throughout the story are sketches of Irish folklore, illustrations drawn specifically for the novel by Lightfield’s wife, Deborah, who is an artist and retired teacher as well.

Lightfield maintains that “A Crooked College” is not a literal expose of FSCJ by any means. While the characters are based on actual people and many of the events were experienced, his work is ultimately fiction. Nonetheless, “there are people out there who did some of these things and should be sorry they did,” he said.

## ‘Writing is Your Business’ workshop to be hosted by T. M. Jacobs at Christ Episcopal Church Jan. 26



T. M. Jacobs

Author and writing consultant T. M. Jacobs will speak at the FWA Ponte Vedra Writers meeting on Saturday, Jan. 26. Jacobs presents a workshop designed to help develop writing into a business.

During his presentation, “Writing is Your Business,” Jacobs will discuss some “outside the box” methods for marketing books, how to set goals with writing and how to learn from best sellers.

A native to the shoreline area of Connecticut, Jacobs now resides in various locations along the East Coast with his fiancé traveling and working from their RV motorhome. He has published nine books and over 400 articles in various newspapers and magazines. He teaches classes on writing and

publishing and currently is the owner of Jacobs Writing Consultants.

Since the Ponte Vedra Library is still closed and undergoing repairs, the group will meet at 10:30 a.m. at Christ Episcopal Church, located at 400 San Juan Drive. The Christ Episcopal Church will continue to be the location of the Ponte Vedra Writers group meetings for the next few months.

The Ponte Vedra Writers group is part of the Florida Writers Association, a statewide, nonprofit organization with nearly 1,500 members dedicated to the support of both aspiring and published writers in any genre. The Jan. 26 meeting is free and open to members and non-members alike. For information on FWA, visit [www.floridawriters.net](http://www.floridawriters.net).

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# First Coast residents honor Dr. Martin Luther King Jr. with breakfast, march in St. Augustine

By Jon Blauvelt

The Dr. Martin Luther King Celebration Committee of St. Johns County hosted its 34th annual commemorative breakfast honoring the civil rights leader on Monday.

Held at the Mark W. Lance National Guard Armory in downtown St. Augustine, the Jan. 21 event featured a breakfast gathering, music and a keynote address by Dr. Chester Wilson.

“I definitely feel honored to be in a place where Dr. Martin Luther King marched,” Wilson told the Recorder before the event began. “To be able to speak today is an honor to share with the guests in this room a message that is relevant and timely today.”

A Daytona Beach resident with 20 years of experience as an administrator in behavioral health and as a college professor,

Wilson reflected on where society is today, some 50 years after King’s death, as it concerns social change and social justice. In conjunction, Wilson tied in a discussion on mental health, especially the stigma of mental health in African-American communities.

Attendees of the event included all five St. Johns County commissioners, St. Johns County School District Superintendent Tim Forson and other district officials, State Rep. Cyndi Stevenson, St. Augustine Mayor Nancy Shaver and many others.

Following the breakfast, several dozens of people participated in a march that started on Martin Luther King Avenue and concluded at the Plaza de la Constitucion. Participants of the march proudly sang “We Shall Not Be Moved” from start to finish. A program was subsequently held at the Plaza that included more music and remarks.



Photos by Jon Blauvelt

First Coast residents march in St. Augustine from Martin Luther King Avenue to the Plaza de la Constitucion in memory of Dr. Martin Luther King Jr.



Cayla Wilson, keynote speaker Dr. Chester Wilson, April Wilson, Loverso Walker and Cassandra Walker

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A participant of the march displays his sign.



Denver Cook, Pearl Stevens, Travene Grant, a committee member who wished to be unnamed, Sonee Karswell, Jacqueline Bryant and County Commissioner Jimmy Johns gather at the Dr. Martin Luther King Celebration Committee of St. Johns County's 34th annual commemorative breakfast on Jan. 21 at the Mark W. Lance National Guard Armory in St. Augustine.

Photos by Jon Blauvelt



State Rep. Cyndi Stevenson and Dr. Martin Luther King Celebration Committee of St. Johns County Chairman Thomas Jackson



Marchers sing "We Shall Not Be Moved" on their way to the Plaza.



County Commissioners Jeb Smith and Jeremiah Blocker

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# St. Johns County Parks and Recreation to hold open tryouts Feb. 9 for March Madness Youth Basketball League

The St. Johns County Parks and Recreation Department's youth basketball league tips off another season for athletes ages 9-14 with open tryouts scheduled for Saturday, Feb. 9 at Ketterlinus Gymnasium in St. Augustine.

Tryouts will be held between 9 a.m. and noon. All players who try out will make a team. League age is based on the age of the child as of March 1, 2019.

Practices and games will take place in St. Augustine at the Solomon Calhoun Community Center at 1300 Duval St., and at Ketterlinus Gymnasium at 60 Orange St. All games will be played on Saturday mornings or afternoons. Game schedules will be finalized in February. Individual coaches will schedule team practice days and times.

## League divisions and times for open tryouts on Saturday, Feb. 9

- Boys 9-10 at 9 a.m.
- Boys 11-12 at 10 a.m.
- Boys 13-14 at 11 a.m.

- Girls 9-11 at noon
- Girls 12-14 at noon

To register for March Madness Youth Basketball League, fill out a registration form and return it to Collier-Blocker-Puryear Community Center, located at 10 N. Holmes Blvd. in St. Augustine, between 9 a.m. and 5 p.m. You can also return the forms at the Parks and Recreation Main Office located at 2175 Mizell Road in St. Augustine, between the hours of 8:30 a.m. and 4:30 p.m. Both locations are open Monday through Friday.

Registration forms are available online at [sjcfl.us/recreation/youth/basketball.aspx](http://sjcfl.us/recreation/youth/basketball.aspx). Completed registration forms must be accompanied by a copy of your child's birth certificate and a \$30 non-refundable participation fee with checks made out to St. Johns County Parks and Recreation Department.

For more information, contact Brian James at [bjames@sjcfl.us](mailto:bjames@sjcfl.us) or (904) 209-0365. You can also visit [sjcfl.us/recreation/youth/basketball.aspx](http://sjcfl.us/recreation/youth/basketball.aspx).



Photo courtesy of St. Johns County Parks and Recreation

## PLAYERS

Continued from 8

On a similar note, Rice shared that partners with the Anheuser-Busch company, for example, have responded positively to the change because the tournament is now in the first quarter. As a result, Rice said THE PLAYERS comes at a time in the business cycle when companies such as Anheuser-Busch can grab the attention of key guests and partners earlier than usual.

Rice also noted that the date change should be helpful since it will no longer land on Mother's Day, which he called a "headwind" in previous years. At the same time, he did acknowledge that the tournament lands on St. Patrick's Day this year, and said the tournament doesn't have any plans to incorporate that holiday into the event.

"While it's very social and it's a great day to be out on the golf course and be with friends and watch the tournament, we're going to keep it golf-themed," Rice said. "There will be no dying of the lake."

### Parking/ridesharing

Due to the construction of the PGA TOUR's Global Home on Palm Valley Road, Rice said there will be less parking in the parking lot for THE PLAYERS. The tournament, however, is planning for efficiencies with ridesharing and the parking lot that Rice and team believe will make up for the difference.

To start, Rice said THE PLAYERS is planning for a dedicated, larger space for ridesharing that will be located within 100 feet of the Couples Gate. He noted this space will be the same spot for fans to be both dropped off by Uber, Lyft, etc. and picked up. In 2018, the drop-off and pick-up point for ridesharing was off site in the parking lot adjacent to Bogey Grille.

Rice noted that attendees of the tournament accumulated 8,000 rides in 2018 with Uber. For 2019, he said they feel like they can "conservatively triple that" number.

In addition, Rice said the tournament is arranging for area shuttles from local hotels and hotspots to help mitigate the decrease in parking.

### New entrance

To create a first impression that matches the magnitude and stature of the tournament, Rice said the event will feature a new entrance area.

Upon parking in the main parking lot, attendees will walk into an 80-foot wide entry facility that highlights specimen oaks and "makes the logistics of getting into the tournament much, much easier," said Rice. After going through the entry facility, attendees will traverse over a 30-foot wide elevated boardwalk over wetlands and ultimately to the back of No. 17. Now known as "THE PLAYERS Welcome Experience," this area will feature the Stadium Village, which previously was located by the TPC Clubhouse; a food court area; the Kid Zone; and PGA TOUR Fan Shop, among other features.

### Investing in the equity of THE PLAYERS

As part of an effort to invest in the equity colors of THE PLAYERS, Rice told the luncheon attendees that the tournament and associated TV broadcast will feature some aesthetic changes.

Rice said they felt like the blue they've previously been using was a little too purple, and the gold was a little too like mustard. So, they're using a blue that is more blue, Rice said, and a gold that is more true gold.

"A little more Notre Dame, a little less mustard," Rice said.

To reflect these refined colors, the signage on the course will change from green to blue, and all meshing on the course will be blue.

In addition, Rice said the TV broadcast will feature an enhanced and customized graphics package. After meeting with a few members of the New York Philharmonic in December 2018, THE PLAYERS has also rewritten its theme music to a more modern, upbeat melody.

Last, but certainly, not least, Rice said THE PLAYERS will be unveiling a new trophy on Championship Sunday that will also tie into the brand equity campaign.

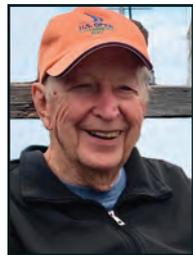
"We looked at the trophy, and we felt like we had an opportunity to connect to our equity colors, what makes us unique and different, and that is the swinging golfer in gold," Rice said. "I think when you see the trophy, you'll remember that comment and really understand why we did it."

## OBITUARIES

### John J. Batten Jr.

John J. Batten Jr., of Ponte Vedra Beach, Florida, died peacefully on Jan. 19, 2019, at the age of 89 in the presence of family.

John was a military veteran who served in the U.S. Navy during the Korean War. Following his military service, he and his family relocated to West Islip, New York, where he worked in the post-war aerospace industry at Brooklyn Polytechnic Institute



John J. Batten Jr.

(BPI). For more than 20 years, John held various positions at BPI, ultimately operating their graduate school wind-tunnel laboratory in Farmingdale, Long Island. Following his tenure at BPI, John and his wife, Doris, relocated to Alexandria, Virginia, where both assumed positions at Nobel Scientific, from which he retired.

In everything he pursued, John was known for the ability to strike up a conversation with whomever he came across. John was a devoted husband in a marriage that sustained 67 years. They were inseparable from their home life in Ponte Vedra Beach to their many family excursions and cruises around the world. He was also a devoted father, grandfather and uncle who was committed to going above and beyond to provide for his family throughout his life. We will remember John as strong, empathetic, humble, curious, playful and obsessively punctual.

He is survived by his wife, Doris; his four children, John (Sonia), Michael (Susan), Kathan (David) and Julia (Franklin); his six grandchildren; and many extended family members.

A private family service will be held. Donations in John's name may be made to Community Hospice & Palliative Care, 4266 Sunbeam Road, Jacksonville, FL 32257, or you give online at [www.communityhospice.com/give](http://www.communityhospice.com/give), which so graciously cared for him in his final days.

Please visit the online tribute at [www.quinn-shalz.com](http://www.quinn-shalz.com). Arrangements by Quinn-Shalz Family Funeral Home.



### Michael Harley Blocker

Michael Harley Blocker, 66, of Ponte Vedra Beach, Florida, died at home Jan. 13, 2019. He was born April 15, 1952, in Jacksonville, Florida, and was the son of the late Nelson and Clara (Harley) Blocker. He was the husband of Jean (Dougherty) Blocker for the last 26 years.



Michael Blocker

Mr. Blocker grew up in Lake City. He graduated from the University of Florida with a degree in accounting, where he was a member of the Gamma Theta chapter of the Sigma Chi fraternity. He was active with Sigma Chi throughout his life and always grateful for those friendships.

Following graduation, he attained his CPA license and settled in Jacksonville, beginning his career with the national accounting firm, Coopers and Lybrand. In his early 30s, he retired as an executive of Barnett Brass & Copper.

He had a quick wit, an amazing sense of humor and a warm touch with people. He

loved golf, the Florida Gators, the Jacksonville Jaguars and travel. He especially enjoyed being with family and friends, who always appreciated his newest joke.

Mr. Blocker was diagnosed with Parkinson's disease in his late 20s. While he had the disease for more than half his life, he refused to allow it to define him. He relied upon his great faith and an irrepressible spirit to redefine life with Parkinson's. He participated in pioneering treatments and dedicated considerable energy to helping fund and advance research into the disease. He developed a nonprofit organization called the National Parkinson's Disease Brain Bank, which provided education to Parkinsonians throughout the Southeast and helped researchers receive tissue samples important for Parkinson's research.

His family is especially grateful to the care team at UF Health Movement Disorders Center in Gainesville and thanks Drs. Michael Okun and Kelly Foote and the staff for their amazing care and guidance.

Michael is survived by his wife, Jean (Dougherty) Blocker; sons, Matthew Blocker, Eric (Amanda) Blocker and Andrew Blocker; brother, Scott (Terri) Blocker; sister-in-law, Joyce Blocker; grandchildren, Avery, Hudson and Harley; his former wife, Eileen Blocker; and many nieces and nephews. He was preceded in death by his parents and brother, Nelson Blocker, Jr.

A Mass of Christian burial will be celebrated at 11 a.m. on Saturday, Jan. 26, at Our Lady Star of the Sea Catholic Church, located at 545 A1A N., Ponte Vedra Beach, Florida 32082.

Following Mass, family and friends are invited to a reception and lunch to celebrate Michael at the TPC Sawgrass Clubhouse, located at 110 Championship Way, Ponte Vedra Beach, Florida, 32082.

In lieu of flowers, the family asks that

memorial gifts be made to either the UF Fixel Institute for Neurological Diseases, P.O. Box 100243, Gainesville, Florida 32610 or the St. Johns County Council on Aging, Memory Enhancement Program (MEP), 180 Marine St., St. Augustine, Florida 32084.

### Eugene Begleiter

Eugene Begleiter, 91, of Jacksonville Beach, died Jan. 14, 2019. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

### Hallie "Patsy" Bryant

Hallie "Patsy" Bryant, 97, died Jan. 17, 2019. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – [www.pontevedravalle.com](http://www.pontevedravalle.com)

### Janet Christensen

Janet Christensen, 95, of Atlantic Beach, died Jan. 16, 2019. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

### Ronald Germann

Ronald Germann, 91, of Jacksonville, died Jan. 20, 2019. Arrangements by Quinn-Shalz, a Family Funeral Home & Cremation Centre.

### George Grigsby McKnight

George Grigsby McKnight, 85, of Atlantic Beach, died Jan. 18, 2019. Arrangements by Quinn-Shalz, A Family Funeral Home & Cremation Centre.

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# Fernandina Pirates Club invades Nocatee Farmers Market

The Nocatee Farmers Market on Saturday, Jan. 19 featured a special appearance from the Fernandina Pirates Club.

The First Coast organization brought their life size pirate ship, Amelia's Revenge, to the event, and taught a special, interactive "pirate school" for kids.

Along with this fun theme, the market included over 70 local vendors offering items such as organic produce, herbs, spices, unique foods, crafts, jewelry and more. The event also featured bounce houses for kids, and the bar was open for beer and wine purchases. Barnhorst Eye Associates served as the sponsor of the event.

The next Farmers Market is scheduled for Saturday, Feb. 16. The event will feature a "Curisin' Car Show" theme.



ABOVE: Dr Erika Hamer, Jeff White, Ashton and Madisyn gather with pirates from the Fernandina Pirates Club at the Nocatee Farmers Market on Jan. 19.



The Spavia team gathers at the Farmers Market.



LEFT: The Fernandina Pirates Club enjoys interacting with attendees of the Nocatee Farmers Market.

Photos by Susan Griffin

# Nocatee hosts realtors for preview of new Del Webb condos

Nocatee hosted a realtor preview for Del Webb's newest condos last Thursday, Jan. 17.

Attendees of the event had the chance to get a first look at the single-level condos while sipping adult beverages/refreshments. The condos are located at 371 Orchard Pass Ave.

The Spoonbill Model of the condos features 1,815 square feet of living space and sky-high vaulted ceilings. The condo overlooks the scenic water and preserve views of Nocatee. The Spoonbill includes two to three bedrooms, two bathrooms, a flex room, a spacious balcony and a one-car garage.

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

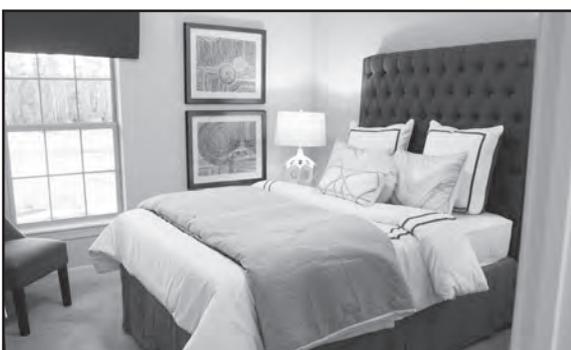


The Spoonbill Model of the condos features 1,815 square feet of living space and sky-high vaulted ceilings, among other features.



Photos by Susan Griffin

Kimberly Abreu and Laura Copeland attend the realtor preview for Del Webb's newest condos on Jan. 17.





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SPECIAL SECTION · JANUARY 24, 2019

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**Recorder**

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# Tips for dealing with repetitive motion injuries



**By Dr. Erika Hamer**  
Special to the Recorder

## Definition and root causes

A repetitive motion injury (or overuse injury) involves doing an action over and over again, as with a baseball pitcher throwing a

baseball, a tennis player hitting a tennis ball, typing at a computer keyboard and most notoriously, typing with your thumbs on the tiny keypad of your phone.

It may be reasonably asserted that our musculoskeletal systems were not designed for such repeated motion sequences utilizing small muscle groups, but rather for a wide variety of tasks involving bending, lifting, twisting and turning, and walking and running required for the survival of our earliest ancestors.

The repeated movements implicated in overuse injuries cause inflammatory reactions, which affect muscle-tendon units that move the bones and ligaments that hold joints together. The short-term result may be an achy or sharp pain localized to a specific muscle or joint. Longer-term results of repetitive motion injuries include



Photo courtesy of metrocreativeconnection.com

more frequent pain, possibly experienced throughout the day, and more significant structural damage to muscles, tendons and ligaments. In the case of carpal tun-

nel syndrome, for example, repetitive use may permanently damage nerve bundles that supply the muscles and other soft tissues of the hand.

## Care and prevention

Overall, it would be optimal to avoid repetitive motions altogether, but for almost all of us this is simply not an option. It would certainly be sensible — and not overly difficult — to restrict typing on the keypad of our phones, but limiting typing on a full-size keyboard would conflict with the work environment in which most of us earn our livelihood.

Whether we are writers, healthcare professionals, members of a sales team, data analysts, or human resource administrators at government or nonprofit agencies, working at a computer comprises a substantial portion of our work week, and may even extend into one or both days of what used to be known as a “weekend.” Similarly, athletes are not going to stop or limit participation in their sport owing to the possibility of a future repetitive motion injury.

The solution lies in a prevention program that incorporates graduated, comprehensive strength training activities into our regular exercise routines. Performing upper and lower body strength training exercises each week trains both large and small muscles groups to adapt to mechanical loads throughout a full range of motion.

**HAMER** continues on **Page 17**

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# Thabata Batchelor promoted to assistant administrator of operations at Wolfson Children's Hospital

Wolfson Children's Hospital recently announced that Thabata Batchelor has been promoted to assistant administrator of operations.

"Ms. Batchelor has always brought an energetic and strong commitment to Wolfson Children's Hospital's mission and values, and we are very pleased that she is on our team," said Michael D. Aubin, president of Wolfson Children's Hospital.

Batchelor started her career at Wolfson Children's Hospital in 2012 as manager for outreach. During this time, she expanded Wolfson Children's regional status, developed three of the hospital's satellite centers and was instrumental in implementing its affiliation with Southeast Georgia Health System.

She was promoted to director of Wolfson Children's Centers of Distinction and Programs of Special Focus, where she led initiatives to enhance quality, expand clinical program scope and garner recognition by U.S. News and World Report. Before relocating to Jacksonville, Batchelor held numerous positions in the State



Thabata Batchelor

of Florida government, working in the governor's office, the House of Representatives and government agencies including the Department of Health, where she worked on health policy.

She received her Bachelor of Arts degree in English with honors from Florida State University and her Master of Public Health degree with honors from Florida State University. She is a member of the American College of Healthcare Executives (ACHE).

Batchelor serves in leadership of the

North Florida Chapter of the American College of Health Care Executives and recently received the ACHE Regent's Award for Distinguished Service to the North Florida Chapter. She is also a member of the Board of Directors of Episcopal Children's Services of Florida.

As assistant administrator of operations, she is responsible for the operations of numerous specialty areas within Wolfson Children's, including the C. Herman and Mary Virginia Terry Heart Institute; the Walter and Michelle Stys Neuroscience Institute; the Diabetes and Endocrinology Institute; regional and international outreach; satellite centers and affiliations; the Bower Lyman Center for the Medically

Complex Child; and the Snyder Family Cleft and Craniofacial Center. In addition, she now serves as the senior management team member responsible for Baptist Medical Center Jacksonville and Wolfson Children's Hospital Auxiliary/Volunteer Services. On a system-wide basis, she will be responsible for overseeing neurodiagnostics services at all Baptist Health locations.

Services provided at Wolfson Children's Hospital are provided primarily by pediatric physician specialists with Nemours Children's Specialty Care, Jacksonville, the University of Florida College of Medicine – Jacksonville and Emergency Resources Group.

## Hamer

Continued from 16

Beginners start with light weights and gradually increase the number of repetitions and the amount of the weight being lifted. Those who have done strength training in the past may have a shorter learning curve and more quickly re-adapt themselves to this critical and rewarding exercise environment. The key for everyone is to exercise each major muscle group, that is, the chest, back, shoulders, arms and legs, at least one time per week on a consistent, ongoing basis.

If you suffer with pain or loss of functionality due to a repetitive motion injury, consider seeking advice from a professional in the health and wellness field. A professional in the field of exercise physiology could assist you in developing a strength training program suited to your specific needs to minimize pain and prevent future injuries. Should nerve interference be involved, thus limiting range of motion, your healthcare professional can best advise you on the appropriate course of treatment.

Paying attention to the signs of repetitive motion injuries and then seeking prompt attention from a healthcare professional is the best way to ensure that these injuries can be resolved before becoming more debilitating in nature

*Dr. Erika Hamer, DC, DIBCN, DIBE, is a board-certified chiropractic neurologist and the owner of Ponte Vedra Wellness Center, which has offices in Ponte Vedra Beach and Nocatee Town Center.*

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# Art with a Heart in Healthcare to hold annual wine dinner fundraiser Feb. 12

Art with a Heart in Healthcare will hold its second annual wine dinner fundraiser with a live and silent auction on Tuesday, Feb. 12.

Beginning at 6:30 p.m., the event will be held at Royal Palm Village Wine and Tapas in Atlantic Beach. The cost per person is \$100 and will benefit Art with a Heart in Healthcare. A nonprofit organization, Art with a Heart in Healthcare relies on donor support to help provide high-quality art supplies and fine art experiences to young patients coping with cancer, trauma and adversity to heal through creative expression.

Art with a Heart in Healthcare programs and services fund a team of staff artists, community volunteers and interns from the University of North Florida to develop sessions individualized to meet the needs of patients and families at bedside or in groups. Together, they create art that helps to reclaim the child from the illness. Patients are from Palm Coast to St. Augustine to Jacksonville and Fernandina Beach and beyond. The nonprofit's team of artists and volunteers have served tens of thousands of patients and their families in Northeast Florida at Wolfson Children's Hospital, Nemours Children's Specialty Clinic, St. Vincent's Medical Center and Mayo Clinic.

The event venue is renowned for its worldwide selection of food, wine and beer. The fundraiser will feature a table service menu featuring locally grown sustainable herbs, fruits, vegetables, edible flowers from the owner's organic garden and a wine pull, among others.

Fundraiser sponsorships are available and include a Signature Event Sponsorship for a donation of \$2,500 with exclusive title and naming opportunities, recognition on all signage and printed event materials. In addition, this sponsorship includes upgraded wine pairings, eight seats for dinner, framed children's artwork and 20 raffle tickets. The Gallery Level Sponsorship is available for a donation of \$1,500 with recognition on all signage and printed event materials, upgraded wine pairings, eight seats for dinner, framed children's artwork and 10 raffle tickets.



Photos courtesy of Art with a Heart in Healthcare

**Attendees enjoy Art with a Heart in Healthcare's wine dinner fundraiser in 2018. This year's event is Tuesday, Feb. 12 at Royal Palm Village Wine and Tapas in Atlantic Beach.**

The Masterpiece Level Sponsorship is available for a donation of \$1,000, recognition on all signage and printed event materials, six seats for dinner and five raffle tickets.

"Art with a Heart in Healthcare holds its annual Wine Dinner fundraiser as one of several ways we benefit from generous donations from those who support our mission,"

said Christy Ponder, executive director and artist in residence of Art with a Heart in Healthcare.

For more information, visit [www.artwithaheart.info](http://www.artwithaheart.info). Royal Palm Village Wine and Tapas is located at 296 Royal Palms Drive in Atlantic Beach. To purchase tickets, call (904) 306-0390.

## Mayo Clinic seeks high school applicants for research mentorship program

The Mayo Clinic is inviting rising juniors and seniors in public or private schools in St. Johns and Duval counties to apply for the SPARK Research Mentorship Program.

The mission of the program is to provide local high school students with mentored research experiences in world-class laboratories at Mayo Clinic. The end goal is for the participating students to develop a basic understanding of scientific research and to produce a highly competitive science fair project. Students who are interested in biomedical science will ultimately be provided an opportunity to design and carry out research projects in the Discovery

Translation Labs at Mayo Clinic.

The program will host its third cohort starting in June 2019, but applications are posted online now and are due by Friday, Feb. 1. The number of students in the program varies annually and is dependent on the volunteer faculty members. For the next cohort, Mayo Clinic anticipates that approximately 18 students will be selected.

Mayo Clinic expects that a minimum of 20 lab hours per week will be required during the summer break for a successful project to be completed for deadlines of the Science Fair. Should additional time be needed after school resumes, a flexible schedule will be determined and agreed

upon between the student and faculty mentor.

Previous research topics have included "SSI4 as a New Therapeutic Target in Ovarian Cancer," "The Effects of Induced TBI on a Line 61 Mouse Model," "The Correlation Between nAChR and Drug Resistance in NSCLC Cells," "Chemical and Genomic Inhibition of AURKA in HEK 293T Cells" and more.

According to the Mayo Clinic's website, the following criteria must be met to apply:

- Enrolled as a junior or senior at a school in Duval or St. Johns County for the upcoming academic year.

- Minimum of 3.5 unweighted GPA
- Letter of recommendation from current high school science teacher
- Letter of recommendation from current high school guidance counselor or other personnel as determined by school district

In addition, students are required to write a one-page research abstract for the original research that they wish to pursue and are encouraged to submit a second choice in case the first one is filled.

For more information and to apply, visit [www.mayo.edu/research/centers-programs/spark-research-mentorship-program](http://www.mayo.edu/research/centers-programs/spark-research-mentorship-program).



Photo courtesy of metrocreativeconnection.com

## Trailmark to host second annual Conquer the Trails 5K Run/Walk Feb. 2

TrailMark is hosting the second annual Conquer the Trails 5K on Saturday, Feb. 2, with race proceeds benefiting SAFE Pet Rescue.

The 5K will start and finish at the TrailMark Welcome Center, winding through the community's paved trail system. The event is open to the public. Pre-race festivities begin at 8:30 a.m. The race starts at 9 a.m.

Registration fees are \$25 for the first 50 to register, \$30 for adults, \$20 for children 12 and under and \$35 on race day. Race packets may be picked up at the TrailMark Welcome Center beginning at 8 a.m. on race day. To register for the 5K, visit [www.conquerthetrails.org](http://www.conquerthetrails.org).

Proceeds will be donated to SAFE Pet Rescue, a 501c3 nonprofit organization in St. Augustine. SAFE Pet Rescue was founded in September 2008 with the goal of saving adoptable dogs and cats from euthanasia in Northeast Florida. Visit [www.safe-pet-rescue-fl.com](http://www.safe-pet-rescue-fl.com) for more information.

TrailMark is a recreation-rich community in northern St. Johns County, combining neighborhood living with a nature-first approach. Residents enjoy healthy outdoor living with miles of trails, parks and a community amenities center.

To visit TrailMark, from I-95, take exit 323/International Golf Parkway southwest toward World Golf Village and travel approximately 2.2 miles. Continue past the intersection at State Road 16 (where International Golf Parkway becomes Pacetti Road) and proceed approximately 2.6 miles to TrailMark on the right.

# Keep your New Year's resolutions alive



**Bob Conklin**  
Guest Columnist

**By Bob Conklin**

*Vice president of operations, First Coast YMCA Special to the Recorder*

It's hard to believe that we are almost done with the first month in the New Year. As you continue to settle back into life post-holidays, now is a really good time to check in with yourself and evaluate those hefty New Year's resolutions you made on Dec. 31.

If your resolutions are still going strong — keep it up! While choosing a resolution can be easy, however, sticking to them is hard. A YMCA survey found that less than a quarter of respondents kept their resolutions. Many (71 percent) tried but stated they fell short of their goals, while 40 percent confessed they gave up within the first few months, even weeks, of the new year!

While there is no “right way” to keep a resolution, the Ponte Vedra YMCA is encouraging community members to keep their New Year's resolutions alive by doing the following:

**1. Take it one step at a time.** Trying to change too many

habits at once can easily lead to frustration. Instead of a New Year's resolution, make a new month resolution. Focus on that one change for the month and add another (small) change when the new month rolls around.

**2. Keep the faith.** Don't get discouraged by setbacks. Even though you may experience some missteps throughout the day — or even the week — that doesn't mean you have to give up. Bad habits aren't created in a week, so try as you might, you can't change them in a week either.

**3. It's all about attitude.** It's important to think about what you're gaining from a resolution rather than what you're missing. This can make a resolution feel more positive, and therefore more achievable. For example, you may want to limit your screen time in 2019, but that can be more manageable if you replace it with something positive such as volunteering or setting special time aside for family.

**4. Talk it out.** It's easier to stick to your resolutions if you have a partner or friend working toward similar goals. Team up with someone to set your 2019 goals.

For additional tips or to learn more about how to get involved with the Ponte Vedra YMCA contact (904) 543-9622 or visit [fcymca.org](http://fcymca.org).

## YMCA and Cowford Chophouse partner to launch running program

The Winston Family YMCA is partnering with Cowford Chophouse to offer free, six-week “Couch to 5K” and “Couch to 15K” training programs to 30 First Coast residents.

The two comprehensive training programs will help 30 individuals (15 participants in each program) prepare for either Cowford's third annual MOO-VE IT 5K on March 2, or the Gate River Run 15K taking place on March 9.

The six-week training program features three trainer-led group running sessions per week, as well as additional health enrich-

ment sessions. This all-inclusive program is open to both members and nonmembers, regardless of fitness level.

The training program began Jan. 21, with three group opportunities each week:

- Mondays at 5:30 p.m.
- Wednesdays at 6:30 p.m.
- Saturday at 9 a.m.

For more information or to register, email Ryan Parker, Winston Y Healthy Living director, at [rparker@fcymca.org](mailto:rparker@fcymca.org). Individuals can also visit the front office at the Winston Family YMCA, located at 221 Riverside Ave. in Jacksonville.

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# Second annual Nemours Princess Ball to support hematology and oncology program

By Jon Blauvelt

For the second consecutive year, young girls throughout the Jacksonville area will have the opportunity to enjoy a special day with the special man in their lives at the Nemours Princess Ball.

To take place Saturday, Feb. 9 from 3:30 to 6:30 p.m., the daddy-daughter dance will once again be held at the University of North Florida's Adam W. Herbert University Center. Several "princesses" from the UNF Panhellenic Association will help to host the event and take pictures with the young girls in attendance. The event will also feature an interactive DJ who will play games and conduct various contests. All proceeds will benefit the Nemours Children's Specialty Care Clinic's hematology and oncology program.

"It's a special time," said Hilary Keeley, chair of the Nemours Fund for Children's Health Women's Committee and chief legal officer for Florida Operations of the Nemours Foundation. "There's a unique bond between little girls and their dads, and it's just an oppor-



tunity to be able to celebrate that as well as be able to help a good cause."

Keeley noted that grandfathers, uncles, brothers or other special friends are also welcome at the event, in addition to

fathers. The target age for girls is 2 to 10, but Keeley said anyone on the First Coast is welcome.

The event will also include a silent auction, raffle, kid-friendly buffet and photo booth. Ponte Vedra resident Rue Andeer — a cancer survivor who received treatment at Nemours — will serve as the honorary hostess, share about her experiences and speak to the impact of fundraising events such as the Princess Ball.

Funds from the Princess Ball in 2018 supported the art and music therapy program at Nemours. Keeley said last year's event was a big success, noting that several attendees told her it was "one of the best days they've had."

"I remember at one point, the song, 'My Girl,' was being played, and I



Photos courtesy of Hilary Keeley

**First Coast residents enjoy the Princess Ball in 2018. This year's event will be Feb. 9 at the UNF Adam W. Herbert University Center. Proceeds benefit the Nemours Children's Specialty Care hematology and oncology program.**

looked across the dance floor at all these little girls and their dads or grandpas or uncles or brothers," Keeley said. "The dance floor was full, and the little girls' faces were just beaming."

Funds from the event this year, said Keeley, are expected to support the development of more robust survivorship programs for children and their families once they've completed treatment.

After patients finish treatment at Nemours, their interaction with the hematology and oncology program doesn't

**NEMOURS** continues on **Page 21**



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Photos courtesy of Hilary Keeley  
**First Coast residents enjoy the Princess Ball in 2018. This year's event will be Feb. 9 at the UNF Adam W. Herbert University Center. Proceeds benefit the Nemours Children's Specialty Care hematology and oncology program.**

## Nemours

Continued from 20

stop, said Keeley. For the next several years, their visits progress from monthly to yearly, and because of the therapy they received during treatment, they may also have to see other specialists. As a result,

Keeley said the survivorship program “allows for there to be a patient-centered approach to make sure you’re not left alone as you continue your journey.”

Tickets for the Princess Ball are \$100 per couple, and \$25 for each additional child. For more information and to purchase tickets, visit [www.nemours.org/jaxprincessball](http://www.nemours.org/jaxprincessball).



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*Dr. Erika Hamer*

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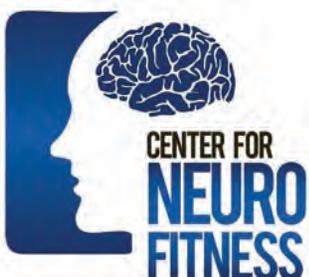
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Thursday, Jan. 24	Friday, Jan. 25	Saturday, Jan. 26	Sunday, Jan. 27
<p><b>Savvy Job Hunters Ministry workshop</b> Learn job interview preparation tips on Jan. 24 from 9 a.m. until noon. Hear Buddy Webster, partner and recruiting consultant at LEADERS Professional Recruiting, Inc., present must-have interviewing tips. Buddy will conduct several mock interviews during this interactive workshop. Attendees can practice interviewing to help reduce anxiety and nervousness so they can communicate their skills clearly. This is also a great networking opportunity. A resume workshop and Myers-Briggs type indicator personality assessment will be offered as well. This event will take place at Christ Episcopal Church at 400 San Juan Drive in Ponte Vedra Beach.</p> <p><b>Boardwalk Talk with Dr. Michael Butler</b> Dr. Michael Butler is an associate professor at Flagler College and will speak at the Beaches Museum Chapel on Jan. 24 at 6 p.m. His lecture "Local Campaigns, National Relevance: The Florida Civil Rights Movement" focuses on the concept of "Florida exceptionalism" in relation to the black freedom struggle and places the Sunshine state into its proper regional and national perspective. Through an examination of the Florida freedom movement, attendees can develop a more complete understanding of the still-ongoing struggle for racial justice in the United States. The Beaches Museum Chapel is located at 381 Beach Blvd. in Jacksonville Beach.</p> <p><b>20 at the Farm</b> Join 20 at the Farm at Congaree and Penn every Thursday at 5:45 pm until Feb. 21. The tiny dining experience will be hosted by Culinary director Trey Hartinger and Chef de Cuisine Daniel Jordan. Attendees can enjoy a feast at the farm with family and friends. Tickets can be purchased at <a href="http://www.congareeandpenn.com">www.congareeandpenn.com</a>. Congaree and Penn is located at 11830 Old Kings Road in Jacksonville.</p> <p><b>JAX Chamber's 134th annual meeting</b> The annual meeting returns to JAX Chamber as they network with the region's business leaders, while enjoying great food, drinks and live music. This event is 5 to 8 p.m. on Thursday, Jan. 24, at JAX Chamber. JAX Chamber is located at 3 E. Independent Drive in Jacksonville.</p>	<p><b>Catty Shack Friday night feeding</b> This is a 45-minute guided walking tour with the opportunity to see resident animals. At 7:30 p.m., watch the feeding when Catty Shack hands out over 600 pounds of meat. Night feedings are held every Wednesday, Friday and Saturday from 6 to 8:30 p.m. for more information and ticket pricing, go to <a href="http://cattyslack.org">cattyslack.org</a>.</p> <p><b>Winter Evening Open House</b> The Arts Framing and Gallery welcomes three new artists at the Winter Evening Open House on Jan. 25 and 26. Both days will be held from 4 to 8 p.m. Lisa Cederberg, Tina Guarano Davis and Kerri Keene will be showcased at the event. The Village Arts Framing and Gallery is located at 1520 Tourside Sawgrass Village in Ponte Vedra Beach.</p> <p><b>ABET presents The Robber Bridegroom</b> Join the All Beaches Experimental Theatre for a bawdy southern folktale about the legendary Jamie Lockhart, a gentleman and bandit. This play is adapted from the Pulitzer Prize winning author of Driving Miss Daisy and Parade. Tickets can be purchased at <a href="http://www.abettheatre.com">www.abettheatre.com</a>. The show will run Jan. 25-26 and Feb. 1-3 and 8-10. Friday and Saturday shows are at 8 p.m. and Sundays at 2 p.m.</p> <p><b>The Outlaws</b> The Ponte Vedra Concert Hall proudly welcomes southern country rock legends The Outlaws to the stage on Jan. 25. Doors open at 7 p.m., and the performance is at 8 p.m. Admission ranges from \$43 to \$103. The Ponte Vedra Concert Hall is located at 1050 A1A North in Ponte Vedra Beach. Got to <a href="http://www.pvconcerthall.com">www.pvconcerthall.com</a> for more information.</p> <p><b>Freedom Friday with Rethreaded</b> January is Human Trafficking Awareness Month. On Friday, Jan. 25, Friends of Hemming Park teams up with Rethreaded to share information about Jacksonville programs that are assisting the victims of human trafficking. Join Rethreaded for lunch in the park from 11 a.m. to 2 p.m. to celebrate survivors and learn more about what you can do to help. Hemming Park is located at 135 Monroe St. in Jacksonville.</p>	<p><b>Love Me True Rescue</b> Love Me True Rescue, located at 5150 Palm Valley Road #403, will hold adoption events every Saturday between 11 a.m. and 3 p.m. For more information, visit <a href="http://www.lovemetruerescue.com">www.lovemetruerescue.com</a>. The rescue is also looking for volunteers (18+). Interested suitors can contact Peggy Hatfield at <a href="mailto:peggyhatfield63@comcast.net">peggyhatfield63@comcast.net</a>.</p> <p><b>James Rollins at The BookMark</b> New York Times bestselling author James Rollins will appear at The BookMark on Saturday, Jan. 26 at 7 p.m., introducing his 14th Sigma Force mystery, "Crucible: A Thriller." New York Times bestselling author Steve Berry will be introducing him. James Rollins is a New York Times bestselling author of international thrillers, whose works have been translated into more than forty languages, with more than 20 million copies sold. For more information about this BookMark event, visit <a href="http://www.bookmark-beach.com">www.bookmark-beach.com</a> or call (904) 241-9026.</p> <p><b>Temple Bet Yam and Compassionate St. Augustine present George Washington: The Story of Religious Freedom in America</b> Temple Bet Yam, along with Compassionate St. Augustine, present Dr. Gary Zola. Dr. Zola will discuss George Washington and the Story of Religious Freedom in America. Professor of the American Jewish Experience at Hebrew Union College, Dr. Zola is the executive director of the Jacob Marcus Radar Center of the American Jewish Archives. The lecture and discussion will be held at Temple Bet Yam, located at 2055 Wildwood Drive in St. Augustine. This event will take place on Saturday, Jan. 26, from 10 a.m. to noon. For more information, contact <a href="mailto:compassionstaugustine@gmail.com">compassionstaugustine@gmail.com</a></p> <p><b>Annual River Blessing</b> St. Johns County Parks and Recreation has partnered with Stetson Kennedy Foundation for the Annual River Blessing at Alpine Groves Park, located at 2060 SR 13 in Fruit Cove. This event will be held on Saturday, Jan 26 from 9 a.m. to 11 a.m. This event is free. For more information, contact AyoLane Halusky at <a href="mailto:ahalusky@sjcfl.us">ahalusky@sjcfl.us</a> or (904) 209-0348.</p>	<p><b>Sundays at Surfer the Bar</b> Every Sunday, join Big Fish Power Yoga for a free Music &amp; Flow class at Surfer the Bar. The class is held upstairs at the bar and runs from 10 to 11 a.m. every week. Bring friends and family and enjoy brunch and mimosas downstairs following class. Register under classes on <a href="http://bigfishpowerofyoga.com">bigfishpowerofyoga.com</a>. Surfer the Bar is located at 200 First St. in Jacksonville.</p> <p><b>Jacksonville Boat Show</b> Join Marine Max Jacksonville to tour favorite models, speak with the experts and enjoy one of a kind deals. This event is for anyone looking to fish the lakes and rivers, venture offshore or lounge in the sun. At this event you can secure financing and gear up with the latest accessories all at one time, under one roof. The Jacksonville Boat Show will be held at the Prime F. Osborn III Convention Center on Jan. 25-27, from 11 a.m. to 5 p.m. The Convention Center is located at 1000 Water St. in Jacksonville.</p> <p><b>Music at Grace</b> Enjoy a performance titled Music for Two Flutes and Piano by Melissa Lucia, Christine Alicot and Michael Clark on Jan. 27. The performance will take place at 5 p.m. at Grace United Methodist Church. There will be a free-will offering. The Grace United Methodist Church is located at 8 Carrera St. in St. Augustine.</p> <p><b>Worthwich Wand Making &amp; Wizards Painting Party</b> Worthwich School of Wizardry has partnered up with Pinot's Palette to bring two magical days of wizarding art workshops on Jan. 26-27. Join a real wood wand making class on Jan. 26 at 11 a.m. and a wizard's painting party Jan. 27 at 4 p.m. Get your tickets at <a href="http://www.tickettailor.com">www.tickettailor.com</a>. This event is located at 4890 Big Island Dr. in Jacksonville.</p> <p><b>Clothing Swap!</b> After binge-watching "Tidying Up with Marie Kondo," Casita Yoga Studio has decided it's time to purge. Bring clothes, kitchen-wares, jewelry, planters, etc. Take home second-hand treasures, even without contributing. This event is on Jan. 27 at 11 a.m. to 1 p.m. at Casita Yoga Studio at 937 Edgewood Ave. in Jacksonville.</p>

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Monday, Jan. 28	Tuesday, Jan. 29	Wednesday, Jan. 30	Thursday, Jan. 31
<p><b>Trivia at Mellow Mushroom</b> Join Mellow Mushroom every Monday night at 7 p.m. for trivia with Trivia Nation. This event is free to play and there are prizes for the winners. Mellow Mushroom is located at 1018-2 Third St. N. in Jacksonville Beach.</p> <p><b>JAME</b> Join JAME at the Cultural Center from Jan. 18 to March 2. JAME is an annual juried exhibition of CCPVB's Artist Members. Artist Members can submit in up to five works of art and outside judges select pieces as well as assigned prizes at the opening. The Cultural Center is located at 50 Executive Way in Ponte Vedra Beach.</p> <p><b>Pappy Party!</b> Grape and Grains will be raffling off four bottles of Pappy Van Winkle (10, 12, 15, and 23-year-old), a bottle of George T. Stagg Bourbon, and other free giveaways. On Jan. 28, the party will start at 6 p.m. with bourbon tasting and small bites. Drink specials will feature Buffalo Trace all night. Tickets start at \$50 and can be purchased at 904tix.com. The Grape and Grain Exchange is located at 2000 San Marco Blvd. in Jacksonville.</p> <p><b>Bible &amp; Brews</b> Bible &amp; Brews meets on the fourth Monday of the month at 6:30 p.m. at Engine 15 Brewing Company. The event invites participants to bring their doubts, questions, "wonderings" about life in general, buy a beer and join Pastor Tom Walker for an informal conversation about everything under the sun. Engine 15 Brewing Co. located at 1500 Beach Blvd. in Jacksonville Beach. All are welcome.</p> <p><b>Manhattan College Alumni Dinner</b> The Manhattan College Alumni invites alumni, family and friends living in or visiting Jacksonville to join the College and President O'Donnell for a dinner at TPC Sawgrass Clubhouse on Jan. 28. The event, hosted by Tom Donahue, will begin at 6 p.m. Advance registration is required. To RSVP go to <a href="http://connect.manhattan.edu/jacksonville2019">connect.manhattan.edu/jacksonville2019</a>. The TPC Sawgrass Clubhouse is located at 110 Championship Way in Ponte Vedra Beach.</p>	<p><b>Quit Smoking Now class</b> Celebrate the New Year tobacco free. Join the free Quit Smoking Now class at Flagler Hospital Wellness Center. Classes meet once a week for six weeks starting on Tuesday, Jan. 8 from 6 to 7 p.m. Free patches, lozenges, and gum are available. In addition, a free quit plan, workbook, water bottle, stress ball and other tools to aid in cessation will be available. Call Northeast Florida AHEC at (904) 482-0189 to register and learn more about classes near you.</p> <p><b>Genealogy at the River House</b> Join the River House for a six-week course to begin the journey into researching genealogy. Call (904) 209-3655 for a reservation. Cost is \$30 for River House Members and \$35 for non-members. Classes are held on Tuesdays beginning Jan. 8 to Feb. 12 at 2:30 to 3:30 p.m. The River House is located at 179 Marine St. in St. Augustine.</p> <p><b>Toddler Tuesdays</b> Join Bravoz Entertainment every Tuesday morning from 9:30 to 11:30 a.m. for Toddler Tuesdays. During this time, the facility is reserved for the exclusive use of toddlers, ages 5 and under. One adult is admitted for free with each child's \$8 paid admission. Bravoz Entertainment Center is located at 14985 Old St. Augustine Road in Jacksonville.</p> <p><b>Marineland Beach Walk</b> Join the Marineland Beach Walk to learn from a GTM Research Reserve interpretive guide where the restless sand comes from and where it's going, as well as its refusal to just stay put. Learn about coquina rocks, dune flowers, sea birds, shells, and the humble gopher tortoise that digs deep burrows and comes out to dine on prickly pears along the dunes. Participants are encouraged to bring a camera for possible sightings. The event is free and will take place on Jan. 29 from 9 to 11 a.m. The GTM Marineland Office is located at 9741 Ocean Shore Blvd. in St. Augustine. To reserve a spot online or find more information call (904) 823-4500.</p>	<p><b>Wine Wednesday at the Renaissance</b> Join the World Golf Village every Wednesday evening in the Villagio Lounge from 5:30 to 6:30 p.m. for complimentary wine and hors d'oeuvre tasting. Attendees can sample red and white wines from around the world and savor a chef-inspired appetizer to complement the wines. The World Golf Village is located at 1 World Golf Place in St. Augustine.</p> <p><b>Recharge your heart light: Mindfulness exercise paired with an art</b> Flow Studio Art Center is helping to recharge heart lights each week with a mindfulness exercise paired with a creative arts activity while listening to recorded or live music. No art experience necessary and all supplies will be provided. Art activities include art journaling and mixed media. Each week will be different art and music offerings. The event is on 1 p.m. Wednesdays and 6 p.m. Sundays until February. Research has shown that regular involvement in creative activities can help improve overall health and self-care. Tickets are \$15. Flow Studio Art Center is located at 1112 Third St. in Neptune Beach.</p> <p><b>Marbin at 1904 Music Hall</b> Marbin is a progressive jazz-rock band based in Chicago with a unique story that stands out in today's music world. They will be playing at 1904 Music Hall on Jan. 30 at 9 p.m. Through word of mouth, Marbin has gained the attention of thousands of devoted fans all over the world and has sold tens of thousands of albums. 1904 Music Hall is located at 19 N. Ocean St. in Jacksonville. Tickets can be purchased at <a href="http://www.ticketfly.com">www.ticketfly.com</a>.</p> <p><b>Techniques of Baking</b> Learn to produce some delicious and visually appealing baked goods. JAX Cooking Studio will make cupcakes and buttercream frosting, Irish soda bread and will teach how to pipe and flood sugar cookies like a professional baker. This event is on Jan. 30 from 6:30 to 9 p.m. at 14035 Beach Blvd. in Jacksonville. Tickets can be purchased at <a href="http://jaxcookingstudio.com">jaxcookingstudio.com</a>.</p>	<p><b>Community Caregiving: An Evening for Caregivers</b> Please join the Alzheimer's Association for an evening dedicated to caregivers on Jan. 31 at 5 p.m. Attendees can hear from Mayo Clinic researcher, Dr. Octavio Santos and Elder Law Attorney, Joe Boles. The event includes activities to recharge caregiver's spirits and help connect them to area professionals who can assist them in their caregiver role. Dinner begins at 5:30 p.m. and the program starts at 6 p.m. at the River House, located at 179 Marine St. in St. Augustine. RSVPs are required.</p> <p><b>St. Augustine: Community Resilience and Cultural Resources workshop</b> The City of St. Augustine is assisting Flagler College to engage community members in a dialogue on the issue of community resilience, sea level rise and the future impact of flooding on historic places in St. Augustine on Thursday, Jan. 31, from 8 a.m. to 5 p.m. at the Willie Galimore Center, located at 399 Riberia St. The workshop will have two sessions, the first for public officials and the second for community members and stakeholders. For more information about the community workshop, contact Dr. Leslee Keys, Director of Historic Preservation and Special Initiatives for Flagler College at <a href="mailto:lkeys@flagler.edu">lkeys@flagler.edu</a>.</p> <p><b>Ladies Clinic: Driver Distance at PGA TOUR Golf Academy</b> Join the World Golf Village on Jan. 31 at 4 p.m. to spend 90 minutes working on improving the consistency off the tee and gaining more distance with a driver. Clinic will be led by Senior Certified PGA TOUR Golf Academy Instructor, Rhonda Ferguson. Cost is \$30 per student. Reserve your spot at <a href="http://www.pgatourgolfacademy.com/clinics">www.pgatourgolfacademy.com/clinics</a>. The World Golf Village is located at 1 World Golf Place 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:Amber@opcfla.com">Amber@opcfla.com</a> or call (904) 686-3939.</b></p>

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# Virtual addiction? Technology can be helpful, but it is not benign



**By Jason Hosch, Ph.D.**

Special to the Recorder

When was the last time you surfed the internet, checked your email or sent a text message from your cell phone?

**Jason Hosch**  
Guest Columnist

Maybe at this very moment you are

reading this article from your smart phone or from your notebook while tapped into a hotspot at the local Starbucks as you sip on your “quad-shot-venti-caramel-mocha-latte.” Wherever you are, and whatever you are doing, I think you would agree we me that we are now in the Information Age.

Just think for a moment how integrated technology has become in our lives. If you are like the “average Joe” in America, chances are that you feel dependent to some degree upon the use of computers, the internet, email, wireless and satellite technology, GPS navigation ... need I say more?

Certainly, technology has enhanced our lifestyle, as the advent of any new invention is intended to do. Look at the Industrial Revolution, and how it brought about

automated mass production enabling us to be more efficient and productive with our time and energy. The Technological Revolution (or the Information Age) has brought its benefits for us as well — efficiency, precision and a seemingly infinite array of options and information just a “click” away. But at the same time, we have become accustomed to a sedentary life of convenience and immediate gratification.

So, how much is too much? Technology, and particularly computers and the internet, at best are easily overused and abused. At worst, they are addictive. The combinations of content, ease of access, low cost, visual stimulation and autonomy, and relationships, employment, grades and school achievement, health, and legal and financial issues are just a few.

Technology affects the way we live and the way we love. As we become enticed and enamored by the use of technology, we may find ourselves drawn to becoming depersonalized, disconnected and buffered from the reality of human relationships. We may even find ourselves using technology as an impersonal and insidious escape — be that through our use of social networking, video games, mindless

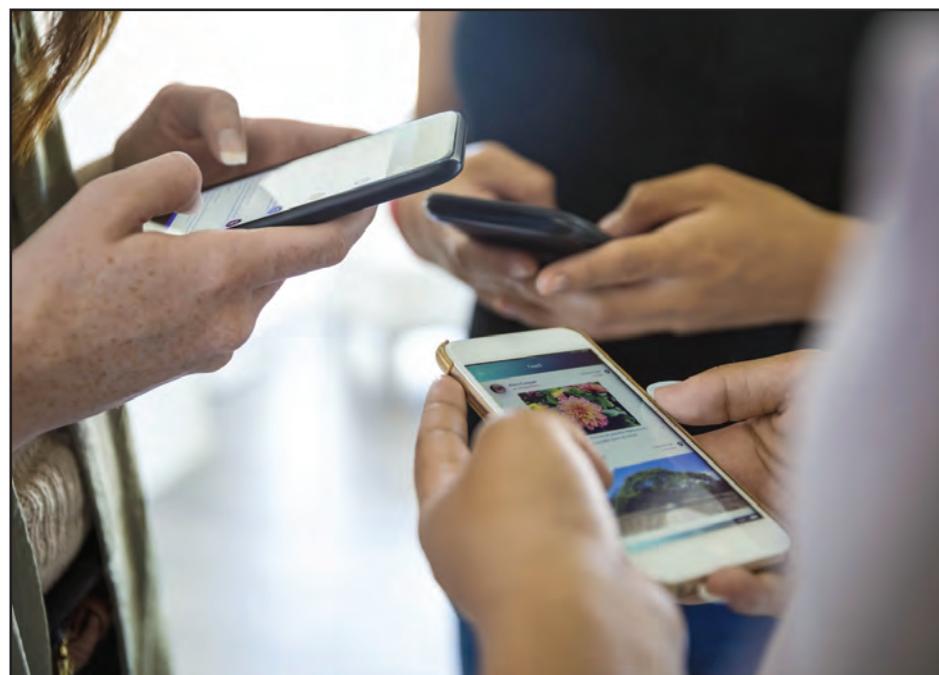


Photo courtesy of metrocreativeconnection.com

internet “surfing,” compulsive shopping, gambling or indulgence in online chat rooms, pornography or cybersex. If we are not careful, the allures of technology can lead us down a dark path toward isolation, depression and self-destruction.

Don't get me wrong — I'm not suggesting that we go live in caves (there aren't many of those here in Florida anyway). Technology, computers and the internet have many benefits to our society. Nevertheless, we can become all-consumed in our relationship with technology where it gets in the way of our more

important relationships — with people. It should be remembered that technology affects the way we live and the way we love. Unless technology improves the quality of our lives, it is of no benefit to us. Just because we create and provide wonderful new technologies does not mean that they are benign.

**Jason Hosch, Ph.D., is director of Life Transitions Counseling in Ponte Vedra Beach, Florida. He works with addiction recovery, depression, anxiety and several other mental health issues. For more information, go to [www.lifetransitions.cc](http://www.lifetransitions.cc).**

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# 12 Northeast Florida 'Women with Heart' to be honored by Volunteers in Medicine at signature luncheon event Feb. 6

On Wednesday, Feb. 6, twelve Northeast Florida women committed to leadership, advocacy, passion and hard work will be recognized at the third annual Women with Heart Luncheon to benefit Volunteers in Medicine.

The event is presented by Florida Blue and will take place at the company's conference center on the Florida Blue Deerwood Campus. The 2019 "Women with Heart" honorees are:

- **Martha Baker** — Community trustee and incoming board chair for The Community Foundation
- **Vickie Cavey** — Former JEA vice president and current president of the Rotary Club of Ponte Vedra Beach
- **Inger Geraghty** — Board member for American Heart Association and board member for See the Girl
- **Virginia Hall** — Senior director, advocacy and community engagement, Ascension/St. Vincent's Healthcare
- **Rev. Dr. Helen Jackson** — Women of Color Cultural Foundation, Inc.
- **Helga Langthon** — Vice president/owner, Soho Network Solutions, Inc.
- **Eleanor Lynch** — Senior vice president, Operations Memorial Hospital
- **Velma Monteiro-Tribble** — Director of grants and programs, Florida Blue Foundation
- **Dr. Pam Rama** — Cardiologist, Baptist Heart Specialists; Chief of staff and medical director of Cardio-Pulmonary Rehabilitation for Baptist Beaches Hospital
- **Ellen Wiss** — Community trustee and former president of the Women's Giving Alliance



■ **Sol Wynter** — Multi-lingual Consulting Group Services and community organizer

In addition, Sherry Magill will receive top honor with the Dorion-Burt "Heart of Gold" award at the luncheon.

"We are thrilled to honor Sherry with this award," Volunteers in Medicine Co-Founder Dottie Dorion said. "She was at the Jessie Ball duPont Fund when we started Volunteers in Medicine and was instrumental in helping us get up and running."

Whether it's leading efforts for real change or providing financial support for the development and implementation of vital health and social service programs, Volunteers in Medicine CEO Jennifer Ryan said these women's advocacy, volunteerism and commitment to the health of the community sets the bar for others to exceed.

"We are honoring them for their dedication to the health

and well-being of our community," Ryan said.

The "Women with Heart" Luncheon will kick off a year-long signature awareness and fundraising campaign for Volunteers in Medicine, a nonprofit organization that serves the working uninsured. Each honoree has committed to a month of advocacy and service to the clinic. During their month of service, Women with Heart honorees will wear the new 2019 "Heart of Jacksonville" — a \$15,000 diamond necklace custom designed by Allen's Jewelers. The necklace will serve as a conversation starter to further increase awareness of the mission of Volunteers in Medicine.

"On behalf of our Board of Directors, staff and volunteers, we are thrilled to recognize all of these caring women," Board Chair Michael Boylan said. "We appreciate that each will be hosting their own events to advance the message and mission of Volunteers in Medicine."

The luncheon will not only honor these 12 local leaders, it will also feature a premier opportunity to win the 2018 honorees' Heart of Jacksonville necklace donated by Beard's Jewelers and valued at \$7,000. Tickets for the drawing are still available for \$100. Only 150 tickets will be sold, and you need not be present to win.

Sponsors of the event include Florida Blue, Allen's Jewelers, Publix Charities, Bacardi, Baptist Health, Martha and Tom Baker, Dr. and Mrs. Jim Burt, Dottie and Dr. George Dorion, Mayo Clinic, Medtronic, Prime Therapeutics, Smith Hulsey and Busey and United Healthcare.

Limited tables and tickets for the luncheon are available. Call (904) 399-2766 for sponsorship or ticket information.



**Sherry Magill**  
*2019 Dorion-Burt Heart of Gold Honoree*



**Martha Baker**



**Vickie Cavey**



**Inger Geraghty**



**Virginia Hall**



**Rev. Dr. Helen Jackson**

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## Women with Heart

to benefit Volunteers in Medicine Jacksonville

**Wednesday, February 6, 2019**  
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11:00 a.m. Registration • 11:30 a.m. Program Begins  
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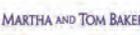














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**Helga Langthon**



**Eleanor Lynch**



**Velma Monteiro-Tribble**



**Dr. Pam Rama**



**Ellen Wiss**



**Sol Wynter**

# University of North Florida gains national recognition for doctoral programs

A recently released report by the Carnegie Classification of Institutions of Higher Education for the first time categorizes the University of North Florida (UNF) in the top tier of national universities that grant doctoral degrees, according to a UNF press release.

Until this year, the university said UNF has been categorized as a "Master's University." But the growth of professional doctorate programs at UNF, combined with a change to the Carnegie Classification methodology to explicitly recognize these degrees, led to UNF joining 163 other institutions in a new "Doctoral/Professional University" category.

"This is a huge step forward for UNF as an institution of national distinction," UNF President Dr. David M. Szymanski said. "The prestige associated with a higher-level Carnegie status helps attract faculty and students who seek excellence. This classification also elevates the value of a UNF degree in the eyes of prospective employers."

According to UNF, the Carnegie Classification, which is updated every three years, is intended as a framework for describing the diversity of the 4,425 colleges and universities in the U.S., and placement in higher

tiers is seen as prestigious. The university cited a recent article in The Chronicle of Higher Education that notes that universities categorized higher in the Carnegie Classification enjoy advantages in securing external research grants, recruiting high-quality faculty and attracting the interest of industry partners. Other ranking systems, such as the U.S. News and World Report Best Colleges, also rely on the Carnegie Classification for their methodologies.

In the 2017-18 school year, UNF awarded a total of 117 doctoral degrees including 109 professional doctorates and eight research doctorates.

Doctoral programs offered through the Brooks College of Health at UNF include Doctorate in Clinical Nutrition, BSN-DNP in Family Nurse Practitioner, BSN-DNP in Nurse Anesthetist, Post-MSN Doctor of Nursing Practice, Post-MSN Doctor of Nursing Practice in Psych-Mental Health and Doctor of Physical Therapy. The College of Education and Human Services offers doctoral degrees in Specialist in Educational Leadership and Doctorate of Education in Educational Leadership.

# Florida family physicians earn distinction for service to family medicine

Eight Florida-based family physicians, including one in Ponte Vedra Beach, recently earned the distinction of Fellow of the American Academy of Family Physician (FAAFP), announced the Florida Academy of Family Physicians.

The degree of fellow recognizes American Academy of Family Physician (AAFP) members who have distinguished themselves among their colleagues, as well as in their communities, by their service to family medicine, by their advancement of healthcare to the American people and by their professional development through medical education and research.

According to the Florida Academy of Family Physicians, Fellows of the AAFP are recognized as champions of family medicine. They are the physicians who make family medicine the premier specialty in service to their community and profession. From a personal perspective, being a Fellow signifies not only "tenure" but one's additional work in the community, within organized medicine, within teaching and a greater commitment to continuing professional development and/or research.

The physicians who earned their degree of fellow in 2018 include:

- Cecilia Ann Collins, MD, FAAFP – Ponte Vedra Beach
- Nipa R Shah, MD, FAAFP – Jacksonville
- Richard Dale Baxley, MD, FAAFP – Orlando
- Carley Befeler, MD, FAAFP – Tierra Verde
- Jonathan Bonnet, MD, FAAFP – Gainesville
- Ashley J. Falk, MD, FAAFP – Winter Garden
- Julia Jenkins, MD, FAAFP – Clearwater
- Darshan Shah, MD, FAAFP – Lakeland
- Shalini Solanki, MD, FAAFP – Tampa

For more information on the degree of fellow, contact Deborah Walker at (904) 400-6294 or email her at [dwalker@fafp.org](mailto:dwalker@fafp.org)

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# Business Weekly

PAGE 27 THURSDAY, JANUARY 24, 2019

Mixed-use restaurant, retail space being built in Jacksonville Beach

Page 28

www.PonteVedraRecorder.com



Photos by Amber Lake

Local dignitaries and project developers break ground Jan. 16 on the new Hyatt Place and new Holiday Inn Express at the Vilano Beach Town Center.

## Two hotels break ground at Vilano Beach Town Center

By Amber Lake

A ground-breaking ceremony was held Jan. 16 for a new Hyatt Place and a new Holiday Inn Express at the Vilano Beach Town Center.

The opening of the Hyatt Place is scheduled for 2020 and will be designed in the Art Deco style, coinciding with the architecture of the Town Center. The Holiday Inn Express is planned to open in late 2019 and will feature a Florida Vernacular style known for its wood frames and porches. The hotels will include mixed-use retail shops and restaurants for the



Vivian Browning, president of Vilano Beach Main Street, introduces those involved with the project.

VILANO continues on Page 32

## Dollar-weighted versus time-weighted returns



Harry Pappas  
Columnist

By Harry Pappas

Assume the hypothetical scenario:

- An investor invests \$100,000 on Jan. 1, 2012.
- At the end of year 1, the investment returned 20 percent, or \$20,000.
- The investor decides to invest another \$1 million on Jan. 1 of year 2.
- At the end of year 2, the investment returned 5 percent, or \$56,000 (\$1.12 million X 5 percent).
- The investor made a total profit of \$76,000.
- The stock market return for the period was 10 percent.

**Question:** What is the investor's rate of return?

**Answer:** The dollar-weighted return is 6.3 percent and the time-weighted return is 12.25 percent.

Whoa! Are you confused? If YES is your answer, join the crowd, as many investors have a somewhat difficult time grasping this concept. Please allow me to explain this very important difference between the returns.

The dollar-weighted and time-weighted methods compute a compound return of one's investment portfolio. The dollar-weighted method can distort a person's investment management abilities because the timing of when the dollars are added to and subtracted from a portfolio weighs heavily on the ultimate compound return realized. The time-weighted method concerns itself only with how well the investment manager manages one dollar over the entire time horizon.

Please stay with me on this. It gets easier. With the above example, the portfolio manager did quite well with a compound annual return of 12.25 percent over the two-year period, especially considering the stock market return was 10 percent during the same period. It was not the manager's decision to add the largest amount of dollars at the beginning of the second year. Because of the client's timing decision, more dollars were put at risk during a period when the return was lower. Had the investor invested the \$1 million in year 1, the dollar-weighted return would have been much closer to the time weighted return.

PAPPAS continues on Page 32

## Lodge & Club at Ponte Vedra Beach appoints new executive chef



Devlin Cathey

The Lodge & Club at Ponte Vedra Beach has appointed Devlin Cathey as executive chef to oversee culinary operations for members and guests.

With over 20 years of hospitality industry experience, South African-born Chef Cathey brings global expertise to amplify the four dining destinations at the AAA Four-Diamond oceanfront property, including the signature

restaurant, The Sea View Grille.

With specialties in hospitality management, fine weddings and events catering, Cathey joins The Lodge & Club from his previous role as executive chef and food and beverage director of Country Club at Salisbury in North Carolina. He brings a varied skillset to the culinary team at The Lodge & Club, having owned his own restaurants and worked on superyachts, travel-

ing throughout the U.S., Caribbean and South America.

Cathey plans to incorporate fresh seafood and seasonal vegetables into his menus and weekly specials. He will add a modern, healthy twist on traditional dishes such as a summer surf and turf appetizer using peppered beef carpaccio,

CHEF continues on Page 29

# Construction of modern, mixed-use restaurant and retail space underway in Jacksonville Beach

Construction is underway on the first phase of The Gallery — a multi-structure campus comprised of a variety of mixed-use developments located along the First Street North and Fourth Avenue corridor in Jacksonville Beach.

The complex will bring a fresh take on office, retail, restaurant and rooftop dining to the community and reactivate the former J. Johnson Gallery building.

Designed by Cronk Duch Architecture, the first phase of the project (known as the East Gallery located at 502 First Street North) is being developed by Jacksonville-based Trevato Development Group. The two-story development includes 900 square feet of separate retail space and 4,000 square feet of first- and second-floor restaurant space, along with a 550-square-foot rooftop terrace for outdoor dining on the second floor.

The space is intentionally designed with a modern, open-concept feel to engage the street from the lower level and take ad-

vantage of the unobstructed ocean views from the rooftop.

The Gallery will offer residents and visitors an experience that complements the current mix of retail and restaurant options in the First Street business and entertainment zone.

Cronk Duch has provided its design-focused architectural mileu to other projects throughout the Beaches, including Atlantic Beach's Town Square, Surfer the Bar and the mixed-use center featuring Salt Life.

Urban Partners Construction is providing pre-construction, design-build and contractor services. Tenants will have the opportunity to build out their respective spaces with their choice of contractor.

East Gallery is scheduled for completion in spring 2019.

For more information on retail availability, contact CBRE Director of Leasing Lea Court at (904) 630-6397, or CBRE Associate Lara Bahri at (904) 630-6360.



Renderings courtesy of Cronk Duch Architecture

Renderings show the plans for The Gallery in Jacksonville Beach, which is scheduled for completion in spring 2019.

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# Amazing Lash Studio opens first location in Jacksonville Beach

Amazing Lash Studio has opened a new studio in Jacksonville Beach that is independently owned and operated by husband and wife team Jessica and Joe Davis.

The couple transitioned from the corporate world to entrepreneurship a decade ago when they started their first franchise business. After owning and operating several franchise units, the Davises were introduced to Amazing Lash Studio and said they were drawn to its growth, service offerings and simplicity of its business model.

“Several entrepreneurs we knew were already involved with Amazing Lash, so we were familiar with the model and knew it was a reputable brand,” Joe Davis said. “When we discovered we could be first-to-market in the Jacksonville area, we knew there would be huge growth potential and it was an opportunity we couldn’t pass up.”

Located at 4004 3rd Street South, the Jacksonville Beach studio is the first of five total locations the Davises plan on opening in the Greater Jack-

sonville area.

“What we love most about Amazing Lash is that it’s an exciting brand that is truly defining an industry,” Jessica Davis said. “This service is absolutely perfect for the active women in our community — they can get their lashes done, go play tennis, hit the gym, go to the beach and know that they don’t have to worry about reapplying their makeup, which is so freeing for this kind of active, outdoor lifestyle.”

Amazing Lash Studio provides clients semi-permanent eyelash extensions in private lash application suites. The business has a patented application process that enables its trained staff of licensed estheticians and cosmetologists to complete the service in an efficient manner.

Amazing Lash Studio – Jacksonville Beach is open Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 8 p.m. and Sunday from 10 a.m. to 6 p.m. For more information, call (904) 606-6414 or visit AmazingLashStudio.com.

# Airbnb launches program to support North Florida federal employee hosts during government shutdown

Airbnb recently announced a new program to support federal employees in Northern Florida during the government shutdown who share their home or an experience with the company.

Coined “A Night On Us,” the new program is eligible to all executive branch employees who shared or will share their home for three nights between Dec. 18, 2018 and March 19, 2019. Those who qualify will get paid an extra night compliments of Airbnb. This

amount is up to \$110, which the company said is the average per night income of U.S. hosts. According to Airbnb, this offer is open to the company’s Experience hosts, too. They are also eligible for up to \$110 based on the total booked value of their Experience.

Learn more about A Night On Us at press.airbnb.com/anightonus. To see Airbnb’s economic impact data within the Northern Florida region, visit www.airbnbcitizen.com/florida-2018.

## Chef

Continued from 27

scallop ceviche and an arugula pickled red onion salad. He also plans to showcase his skills in dishes highlighting different cuts of meat or pairing different temperature items on the same plate to enlighten the senses.

“We take great pride in our culinary program and are excited to welcome Chef Cathey’s unique talent to our incredible

team,” General Manager Thayer Kern said. “Together we look forward to evolving the dishes at The Lodge & Club, while celebrating fresh, local ingredients to keep us in the forefront of Northeast Florida’s culinary scene.”

Dining destinations at The Lodge & Club include The Sea View Lounge, which offers panoramic ocean views alongside specialty cocktails and seasonal menus; The Oasis, an outdoor venue with al fresco dining; and Barefoot Bistro, the property’s poolside food truck.

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### THEME: GRAMMY AWARDS

**ACROSS**

- Bird hangout
- Loquacious person’s gift?
- Columbus launcher
- Nebraska’s largest city
- Not a thing
- Hispaniola republic
- Shmear holder
- Brouhaha
- Court call
- \*Gaga and Cooper hit
- \*The Recording \_\_\_\_\_
- \*Drake’s “Nice \_\_\_\_\_ What”
- Doe’s mate
- \*Best New Artist, 1983: \_\_\_\_\_ at Work
- Aquarium show star
- \*“Why don’t you just meet me in the \_\_\_\_\_”
- Line of symmetry
- Itty-bitty bit
- Unwelcome message on computer screen
- Roll call call
- \*“Reputation” artist
- “The Bridges of Madison County” state
- Implant
- Delhi wrap
- Politicians, for short
- Isaac of science
- \*Grammy Hall of Fame’s “Sixteen \_\_\_\_\_”
- Sodium solution
- French Riviera city
- Trigonometry abbr.
- Danced to Miami Sound Machine in 1985
- \*\_\_\_\_\_ Center
- Bay window
- Poor man’s caviar
- Home to BYU
- Dished out
- Three strikes
- Like yesterday’s meal
- ’80s sitcom “Who’s the \_\_\_\_\_?”
- \*“\_\_\_\_\_ Robinson,” 1968
- Giving up the ghost

**DOWN**

- Ugly crowds
- Wet nurse
- Indian music
- Elf’s perch
- Inciting call to a hunting hound
- Bite like a beaver
- A hand
- Swell up
- Persian backgammon
- Adjutant
- Type of cell
- Well-ventilated
- Deli offering
- Florentine iris
- Tucker of “Modern Family”
- Fill to satisfaction
- \*Fall Out boy’s album
- End-of-semester events

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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.

- Nimbus, pl.
- Hang out till these come home?
- Type of coffee maker
- Salivate
- Humble
- Make blank
- Appear to be
- Bushy do
- Color lightly
- \*Childish Gambino’s name
- \*What nominees do
- Like lathered hands
- Read-only memory device
- Aerosol can emanation
- Toothy groomer
- Three-ply dunker
- Lice eggs
- \*Bee \_\_\_\_\_, multiple awards winner
- Series of reps, pl.
- “Laughing on the inside” text
- Fifty-fifty
- \*\_\_\_\_\_ of the Year
- Partaker’s pronoun

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# North Florida Green Chamber of Commerce hosts launch event

The North Florida Chapter of the U.S. Green Chamber of Commerce hosted its kickoff event Jan. 17 at the Museum of Science & History (MOSH) in Jacksonville.

According to a press release submitted on behalf of the organization, over 200 people attended the event. The North Florida Green Chamber of Commerce (NFGCC) is a regional networking organization for all sizes of businesses and community organizations, including nonprofits, that emphasizes green and sustainable business practices.

“The night actually surpassed our expectations,” NFGCC Executive Director Christina W. Kelcourse said. “The level of excitement and local commitment to sustainability was very gratifying. I think we have a great start and look forward to what’s ahead.”

Michelle Thatcher, the CEO and co-founder of the U.S. Green Chamber of Commerce, delivered the keynote address.

“It was a remarkable turnout for a first event,” Thatcher said. “It’s a testament

to Christina’s (Kelcourse) vision for the local green chamber and signals the community’s passion and willingness to protect the earth, its occupants, the economy and future generations through education, networking and advocacy.”

Speakers included Aaron Gottlieb, CEO and owner of Native Sun Natural Foods Market, and Ryan Murphy, director of cultural events for St. Johns County.

In addition to promoting the economic success of NFGCC members, the North Florida chapter plans ongoing networking and educational events, job fairs and a mentoring program.

Member-only benefits include a newsletter, access to the chapter’s webpage to promote company events and news, being listed in the local Green Market Place and on the chapter’s engaging consumer app, as well as sponsorship opportunities and discounts.

To learn more, email [contact@northfloridagreenchamber.org](mailto:contact@northfloridagreenchamber.org), call (904) 878-3474 or visit [www.NorthFloridaGreenChamber.org](http://www.NorthFloridaGreenChamber.org).



**ABOVE:** Mary Tappouni (left), Christina Kelcourse, Michelle Thatcher and C.J. Davila gather at the launch event for the North Florida Green Chamber of Commerce (NFGCC) on Jan. 17 at MOSH.



**LEFT:** Ryan Murphy addresses the audience of the launch event.

Photos by Jeff Strohecker

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# Local man surprised for grilling 1 million steaks

A grill master at LongHorn Steakhouse in Jacksonville Beach was recently recognized for grilling 1 million steaks over 25 years.

Jacksonville resident and LongHorn Steakhouse Grill Master Simeona "Simi" Tamaseu is among the elite class of grill masters celebrated as one of LongHorn Steakhouse's "Grill Master Legends," a special distinction bestowed upon only those who have achieved this accomplishment.

Every LongHorn Steakhouse restaurant has a team of certified grill masters who are specially trained on selecting the right steak cut, pairing with the appropri-



Simeona "Simi" Tamaseu

ate seasoning blend and grilling to each guest's taste. After serving as a grill master for 25 years, Tamaseu has grilled 1 million steaks, marking him as a true master of his craft.

To celebrate this achievement, Tamaseu was surprised by the restaurant team, family members and special guests, including Neptune Beach Mayor Elaine Brown and Neptune Beach Chief of Police Richard Pike. In addition to being recognized a "Grill Master Legend," Tamaseu received a special gold chef coat, a \$2,500 award and a visit from LongHorn Steakhouse President Todd Burrowes.

# Vilano

Continued from 27

public and other amenities for large and small conferences and special events.

According to Vilano Beach Main Street, the construction of the hotels is expected to support several new jobs during the building process. In addition, it's expected that the hotels will generate several ongoing jobs in support of the 170 new hotel rooms.

Project Manager Farid Ashdji was honored at the ground-breaking event, which was attended by local dignitaries. The ceremony took place after several years of planning, design and permitting for the pedestrian-friendly waterfront location.

At the conclusion of the event, Vivian Browning, president of Vilano Beach Main Street, told attendees to, "tell their friends — Vilano is on the map!"

# Pappas

Continued from 27

**Bottom line:** Which return should you use? If you want to compare your portfolio manager's performance to other managers or the stock market, you should use the time-weighted return. If all you want to know is the compound percentage growth of your money, use the dollar-weighted return. As you can see from the above, an investor can be disappointed with their return if they look at dollar weight. If they use the time-weighted method, however, they see the manager outperformed the market.

That's it. I promise. No more technical stuff. Allow me to conclude by saying the above example and commentary are one reason that portfolio managers (mutual funds, etc.) are evaluated using the time-weighted rate of return instead of the dollar-weighted rate. Please keep in mind that the end result does not always work in the favor of the portfolio manager.

**Source:** The following material has been excerpted from the College for Financial Planning's Investment Planning course.

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REVIEW

# Phenomenal voices lift 'Godspell' at Alhambra

By Paris Moulden

Currently playing at Alhambra Theatre & Dining, the musical "Godspell" is a collection of parables based on the Book of Matthew and accentuated with music, singing and dance.

The stories in the production are familiar and good — love thy neighbor, turn the other cheek, help the less fortunate, don't judge lest ye be judged — but it's the musical performances that make Alhambra's "Godspell" worth seeing.

In some ways, "Godspell" is part Sunday school and part "Hair," with manufactured smoke and ever-changing mood lighting. The performers are young and upbeat, with a predominantly hippie vibe and style of dress, except for Timothy Michael Quinn, who plays Jesus. He looks and sings like he'd be right at home playing Danny Zuko in "Grease" or Troy Bolton in "High School Musical."

While quite whimsical overall, "Godspell" also explores some significant and powerful parables. These include a woman being judged for adultery and the story of a traveler who was beaten and left for dead, ignored by a priest and a Levite and helped by a good Samaritan.

"Godspell," written and directed by John-Michael Tebelak with music and lyrics by Stephen Schwartz, originally opened in 1971, but was updated for a Broadway revival in 2011.

Aside from the lesson-learning parables, there are also references to pop culture, including an obvious reference to President Donald Trump during the parable of a rich man and Lazarus. As a matter of fact, before the play, the audience was informed about the scene and reminded the play was based off the revival performance from 2011 while Trump was a reality TV star and before his presidency. Also, unlike the original 1971 rendition, modern technology is incorporated, including the disciples' fixation on their cell phones. And one of the most entertaining aspects of the play is when audience members are included in some of the stories, setting up a possibly unscripted result.

But the young cast is really what makes the show. Each performer gets the chance to shine through solos, and their collaboration appears effortless.

There are few costume changes and minimal set changes as Alhambra's "Godspell" relies heavily on the cast



Photos courtesy of Alhambra Theatre and Dining

Timothy Michael Quinn (center), who plays Jesus, sings as his disciples look on during a performance of "Godspell" at Alhambra Theatre and Dining.



ABOVE: Kaléa Leverette (center), who is also the reigning Miss Jacksonville, performs her solo during a performance of "Godspell" at Alhambra.



RIGHT: Rico Lastrapes (center) closes his solo with a big finish during "Godspell."

itself, which is a wise decision. While each character boasts a distinct sound and presence, Markus Mann, who played John the Baptist/Judas, makes an immediate impact when he enters from the side

singing "Prepare Ye the Way of the Lord." Mann boasts a dynamic and soulful voice, and his equally powerful expressions provide context to his character's feelings, particularly during the Last Supper scene.

Alhambra's "Godspell" was produced and directed by Tod Booth.

"Godspell" is playing at Alhambra through Feb. 10. For more information, visit [www.alhambrajax.com](http://www.alhambrajax.com).



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# Jacksonville Symphony president and CEO Robert Massey to step down

Jacksonville Symphony President and CEO Robert Massey has announced he will step down from his position in early 2019. The Symphony Board of Directors will begin a nationwide search for his successor.

“Robert leaves behind a legacy of considerable accomplishments at the Jacksonville Symphony,” Board Chair David Strickland said. “Under his leadership, the Symphony has seen a period of enhanced artistic excellence, deepened community relevance and the creation of our Vision 2020 Campaign for future success. He will be missed by the Board, the staff, the musicians, our patrons and the Jacksonville community.”

Massey joined the Jacksonville Symphony in January 2015, and with then-new Music Director Courtney Lewis, led the organization through the creation and execution of a strategic plan that saw the addition of new programs in and outside of Jacoby Symphony Hall. These included Symphonic Night at the Movies, Symphony in 60, Community Concerts, Digital Concert Hall, Fanfare! Opening Night, the annual Symphony Gala and the Daily’s Place Symphony Series. The expansion of programming saw the Symphony’s annual impact grow from 160,000 to 290,000 in three seasons.

In addition to new main stage programs, Massey oversaw the implementation of new technology and expanded student and adult music education initiatives. He added new staff conductor and composer-in-residence positions and bolstered the administrative staff. Massey also brought the organization to the national spotlight with invitations to perform at the John F. Kennedy

Center, on public radio’s “Performance Today” and via a Jacksonville Symphony Youth Orchestra tour to the Los Angeles International Music Festival.

According to the Symphony, the pride of his tenure was the role he played in reversing a decades-long trend of concessionary contracts with the musicians of the orchestra. In 2017, the Symphony Association and American Federation of Musicians Local 444 ratified a five-year collective bargaining agreement that added seven musicians to the Symphony’s roster, made all musicians full-time and expanded the performance season.

In addition to increasing ticket sales in each of the last four seasons, the Symphony has raised more than \$30 million in contributed income as part of its Vision 2020 campaign. Its net assets have increased from \$13 million to \$21 million, which has allowed for increased infrastructure and endowment support.

“I’m very grateful for this community’s support of the Jacksonville Symphony,” Massey said. “At a time when performing arts organizations around the world are struggling, it’s encouraging to see what can be accomplished when constituencies align behind a strong vision. While I will miss working with Courtney, the musicians, Board and an incredible administrative staff, I look forward to following their continuing success.”

In addition to his tenure at the Jacksonville Symphony, Massey has worked with dozens of cultural organizations across the country, including symphony orchestras, museums, theaters, opera companies and ballet troupes. He is a frequent speaker and panelist at conferences and



Robert Massey

conventions around the world.

Massey is a graduate of the Leadership Jacksonville Class of 2016, serves on the Board of Governors for the Jacksonville Chamber of Commerce and is a member of Downtown Rotary. He has been recognized by the Jacksonville Business Journal as a 2015 Innovator in Education, a 2016 Veteran of Influence and a 2018 “Ultimate CEO.”

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Photo courtesy of Ponte Vedra Concert Hall

Hippo Campus will perform at the Ponte Vedra Concert Hall on June 17.

## Indie pop alternative band Hippo Campus to perform at Ponte Vedra Concert Hall

The Ponte Vedra Concert Hall will host indie pop alternative band Hippo Campus to the Concert Hall on Monday, June 17.

Hippo Campus is a band from St. Paul, Minnesota. Formed in 2013, prior to graduating from performing arts high school, the band started on a break out trajectory following a series of talked-about performances at SXSW. This was immediately followed by their network television debut on “Conan.” They’ve since risen to the forefront of their genre on the backs of relentless touring and the strength of their debut album “landmark.”

In October 2017, the band released their self-produced EP “warm glow” as an ode to loyalty and self-preservation. The band’s sophomore release, ‘Bambi’ was released in September of 2018.

VIP ticket package available which include a concert ticket with early entry, pre-show performance, exclusive poster and meet and greet. Tickets for Hippo Campus live at the Ponte Vedra Concert Hall will go on sale this Friday, Jan. 25 at 10 a.m.

Tickets will also be available via ticketmaster.com or by phone at (800) 745-3000. Join the St. Augustine Amphitheatre staff at the St. Augustine Amphitheatre Box Office for a special on-sale party beginning at 8:30 a.m. on Friday featuring complimentary refreshments and concert posters.

theatre Box Office for a special on-sale party beginning at 8:30 a.m. on Friday featuring complimentary refreshments and concert posters.



Photo courtesy of Ponte Vedra Concert Hall

## Ponte Vedra Concert Hall to host Amy Winehouse tribute band

The Ponte Vedra Concert Hall welcomes Winehoused: The Amy Celebration, an Amy Winehouse tribute show, to the concert hall on Saturday, May 25. Tickets for Winehoused: The Amy Celebration live at the Ponte Vedra Concert Hall are currently on sale.

Winehoused: The Amy Celebration is a 10-piece band tribute to the style, beauty and music of Amy Winehouse. The tribute includes rich horns, lush background vocals and a show that has

been described as a, “full-fledged Amy party that will leave you breathless!”

This fully immersive show will have Amy’s deep tracks and well-known covers. Winehouse fans can enjoy an evening with a tribute show they will never forget.

Tickets will be available for purchase at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre Box Offices, online at [www.ticketmaster.com](http://www.ticketmaster.com) and by phone at (800) 745-3000.

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# Sports

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THURSDAY, JANUARY 24, 2019 · PAGE 36

www.PonteVedraRecorder.com

## Nease boys soccer earns shutout against Fernandina Beach

By Hannah Favorite

Special to the Recorder

The Nease boys soccer team shut out visiting Fernandina Beach 3-0 on Tuesday, Jan. 22 for its 11th victory of the season before heading into district tournament play.

“We just kept hammering away and taking shots,” Nease coach Fred Hallett said. “They put 7, 8, 9 in the box, sometimes all 11. It makes it very difficult to get decent shots.”

The Panthers’ Oliver Bojos scored the first goal of the game with four minutes left in the first half. With only seconds left in the game, senior Chasse Stuetzel scored the third and final goal of the night. Oscar Naranjo also scored for the Panthers.

Nease (11-2-2, 5-1-2 District 4-4A) next plays Bartram Trail in the district quarterfinals at home at 6 p.m. Friday, Jan. 25.



Photo by Hannah Favorite

Nease’s Chasse Stuetzel moves the ball down the field against Fernandina Beach on Tuesday, Jan. 22.



Photo courtesy of Ponte Vedra High School wrestling

Ponte Vedra’s Steve Kowitski (left) attempts to pin his opponent from Flagler Palm Coast during a match on Wednesday, Jan 17.

## PVHS wrestling falls to Flagler Palm Coast

The Ponte Vedra wrestling team suffered a narrow 42-34 loss to host Flagler Palm Coast on Wednesday, Jan. 17.

Following an 11-4 win by Preston Turner at 120-pound division, Steven Kowitski hit a quick fireman’s carry and followed that up with a half nelson for a first period pin. Jackson Shewey (pin) and Alex de Almeida (14-8) kept the win streak going at 132 and 138.

Ethan Baur and Rett Maritato each moved up a weight class to help the team score bonus points and dominated with a pin and 13-0 win, respectively.

After a dual at Fletcher on Wednesday, Jan. 23, the Sharks head to the North Florida Dual Tournament at Bishop Snyder on Saturday, Jan. 26.



## PVHS GOLFER ORTIGUERA WINS FJT TITLE

Ponte Vedra High standout Justin Ortiguera captured a Florida Junior Tour major win on Monday, Jan. 21, at Capital City Country Club in Tallahassee, Fla. He finished with a three-day total of 6-over 222. Ortiguera used a final round 76, which included three birdies on the final nine, to hold off the field and capture his first FJT win.

Photo courtesy of the Florida State Golf Association

## JAGA elects 2019 officers; Sawgrass CC’s Randy Nader to lead organization

The Jacksonville Area Golf Association (JAGA) recently elected its 2019 officers at its opening meeting of the year at San Jose Country Club.

Randy Nader of Sawgrass Country Club was elected president and will lead the organization, succeeding Don Gilmore of the Golf Club of Amelia Island.

The 2019 officers are:

### Randy Nader – President

JAGA director, Sawgrass Country Club ... Former owner of Nader’s Pest Raiders, a Jacksonville-area pest control firm ... Served as JAGA VP/Administration in 2018 ... Native of

Jacksonville ... Attended Fletcher High School ... Resides in Jacksonville.

### Jeff Adams – Vice President/Administration

JAGA director, TPC Sawgrass ... Retired staff director of the PGA TOUR’s Communications Department ... Served as JAGA VP/Tournaments, 2017-2018 ... University of Florida graduate ... Resides in Ponte Vedra Beach.

### Thomas Bozzuto – Vice President/Tournaments

JAGA director, Hyde Park GC ... Executive Director of the Jacksonville Beach Golf Asso-

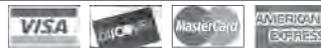
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Photo courtesy of JAGA

Don Gilmore (from left), Randy Nader, Jeff Adams, Thomas Bozutto and Larry Stark.

## JAGA

Continued from 36

ciation ... Chairman of JAGA Match Play Championship since 2016 ... Graduate of the University of North Florida and Bishop Kenny ... Resides in Jacksonville.

### Larry Stark – Secretary

JAGA director, Jax Beach Golf Club... Native of Virginia ... Retired CSX sales executive ... Resides in Jacksonville.

### Billy Walker – Treasurer

JAGA director, Oak Bridge Club ... Native of Montreal, Canada ... Graduate of McGill University ... Former partner at KMPG ... Resides in Ponte Vedra Beach.

Nader was elected president after serving one year as VP/Administration. Adams moves into Nader's role after two years as VP/Tournaments. Stark was re-elected secretary. Walker is a new officer.

Appointed to serve in similar capacities again in 2019 were Jack Morehead of NAS JAX (assistant treasurer) and Arch Cope-land of Deer creek Country Club (JAGA webmaster). John Milton (Queen's Harbour Yacht & Country Club) will serve in the new role of assistant VP-Tournaments. Former executive secretary Barney Poston (Hidden Hills GC) and past president Fred Seely (Timuquana CC) have been appointed at-large members of the executive committee. Kevin Glynn (Northern Chapter/PGA) continues to serve as the association's administrative assistant.



We will publish our annual **Golf Tournament Guide on March 7, 2019**  
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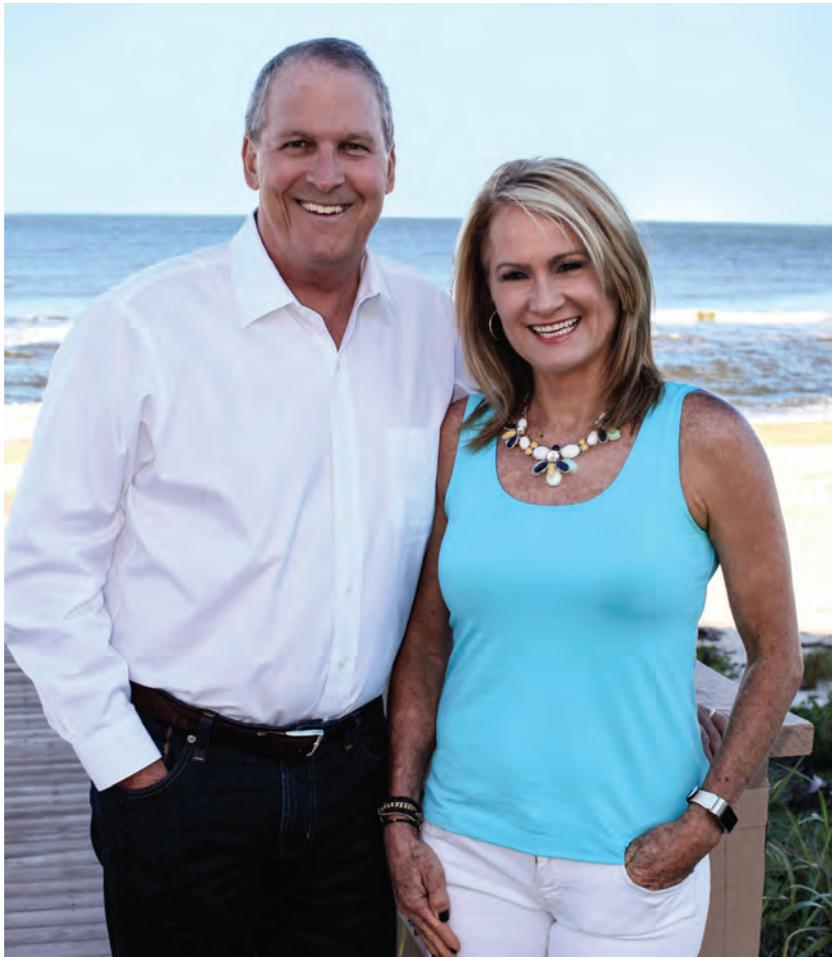
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