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**January 21, 2016**Volume 46, No. 3

PonteVedraRecorder.com

# Lady Sharks head to regionals



hoto by Chris Norton

After shutting out Matanzas (2-0) and Clay (3-9), the District 3A champion PVHS Lady Sharks soccer team will advance to the regional playoff round at home tonight against Paxon. The game starts at 7 p.m. **Page 14** 



### **GET ORGANIZED**

Make 2016 the year to get your life in order

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### **BIRTHDAY PARTY PLANNER**

Is your child's special day coming up? Throw the perfect get-together

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Serving Ponte Vedra and the Beaches since 1969





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



Visit our brand new website at www.pontevedrarecorder.com

Plus, find the Recorder on Facebook at www.facebook.com/ThePVRecorder

### What's this?



Do you know what this is?

### Email your answer to kelly@opcfla.com by Tuesday at 5 p.m.

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

C. Denise Smith guessed the Baptist Primary Care sign this week. Please pick up your zoo

Better luck this week, guessers!

We love your enthusiasm, but if you have won zoo tickets in the last six months, please wait before trying again. Thanks!



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

### **CAT OF THE WEEK**

Hey there, they call me Cleo the cat! I'm a 4 year old female who is looking for a new home. I was brought to the Pet Center as a stray. As this animal was a stray there may be some traits that



are unknown at this time. Any new pet being introduced to a new home will need time to adjust to their new environment. Please reinforce house-training and behavioral training and be mindful of interacting with other pets. Come visit us today here at the Pet Center! #29534



Hi there! My name is Logan and I am a 3 year old male shepherd mix who is looking

for a new home.

I was given up

**DOG OF THE** 

WEEK

by my owners because they could no longer care for me. Any new pet being introduced to a new home will need time to adjust to their new environment. Please reinforce house-training and behavioral training and be mindful of interacting with other pets. Come visit us today here at the Pet Center! #29547

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

### **PUZZLE SOLUTIONS**

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Solutions correspond to last week's puzzles.







Spin the wheel for the chan





Pay just \$3 for

Pay just \$5 for

Visit www.jacksonvillezoo.org to print your January Jackpot coupons!





Coupon may not be used in conjunction with any other coupon, discount, or special offer, including Zoo Value Tickets. Coupon good for up to two adults and all the children in a family. Limit one coupon per transaction

### **SHORT TAKES**

### PV Wellness Center opening in Nocatee on Feb. 15

Dr. Erika Hamer, Chiropractic Neurologist and owner of Ponte Vedra Wellness Center is now scheduling patients at the new Nocatee office, which will open its doors Feb. 15. The Wellness Center is located in the Watson Realty building, across from Publix in the Nocatee Town and is the second location for Dr. Hamer's practice. The Nocatee office will offer all of the same services as the Ponte Vedra Beach office including chiropractic adjustments, physical therapy and rehab services, personal training and nutritional coun-

seling, therapeutic massage and community health events.

There will be a public ribbon-cutting on March 9th from 8–10 a.m., with breakfast and coffee, an office tour and a Health Talk at 9:30 a.m. For more information, call (904) 273-2691.

### Dublin's Irish Tenors and The Celtic Ladies concert

Dublin's Irish Tenors and The Celtic Ladies will perform one-night only in downtown St. Augustine. This headlining concert for the St. Augustine Celtic Music & Heritage Festival will take place at 7:30 p.m. Friday, March 11 in Memorial Presbyterian Church, 32 Sevilla St., downtown St.

Augustine.

Seating is limited for this event. Tickets are sold separately from the Celtic Festival passes. Tickets are \$25 to \$60. Purchase tickets at www.celticstaugustine.com/special-friday-night-event/ The 6th Annual St. Augustine Celtic Music & Heritage Festival is set for March 11-13.

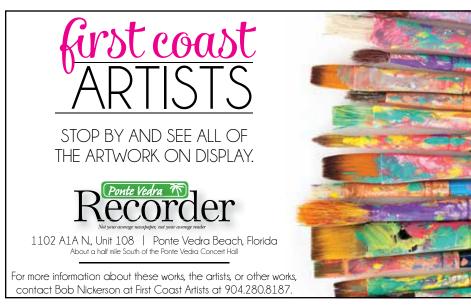
### DAWN (Divorce Aftercare Women Need) Meeting

DAWN Recovery Group will be meeting Jan. 5 and Feb. 2 from 7:00-9:00 p.m. at The Quick Law Group, 4312 Pablo Professional Court, Jacksonville, FL 32224. DAWN-Divorce Aftercare Women Need-was created

to INSPIRE, EMPOWER & SUPPORT women who are going through divorce or are already divorced, but not experiencing life the way it should be led-joyfully, peacefully, hopefully.

DAWN is a FREE monthly support group where The Quick Law Group has partnered with Sharon Williams, an ordained minister and founder of the non-profit organizations Go to Nations and Act 4 Nations, to facilitate the time and place for this group to meet.

All women going through or recovering form divorce are invited to be a part of DAWN. Call The Quick Law Group (904)241-0012 or register online at www.thequicklawgroup.com/





# WATSON COLLECTION







### **WELCOME GOLFERS AND BEACH LOVERS**

This fabulous executive luxury home is nestled in the heart of prestigious and picturesque Ponte Vedra Beach. Close proximity to the TPC Sawgrass, one of Florida's top ranking golf courses, and the beautiful beach, makes this home an absolute ideal location for both beach and golf lovers alike.

This two-story home is a prime example of an exquisite interior plan. It features many upgrades, including a study with custom wood built-ins, an exquisite gourmet kitchen with cherry cabinets and stainless steel appliances, a double oven and GE Profile five-burner gas glass top range. The kitchen also features an island with drink drawers and a spacious Butler's pantry with a wine refrigerator. The family room is equipped with a gas fireplace and built-in bookcases. The formal dining room, living room, master bedroom, and stairway have beautiful hardwood floors.

The upstairs gathering room can be used as a theater room, bedroom, or family entertainment room. The master and guest suites are located on the first floor. There is a beautiful courtyard entry and an ample circular drive that lends itself to easy access and parking. The front and back yards are professionally landscaped with plenty of space to add a pool. This home is move-in ready, belongs to an "A" rated school district, and contains no CDD fees.

If you would like a private showing of this home, please call Michele Stewart at 904.707.4225.





### **LETTERS TO THE EDITOR**

### Commission should "preserve" existing Ponte Vedra neighborhood

As a resident of Isle Way Lane just off of Ponte Vedra Boulevard, I am very concerned about the development proposed for 1044, the parcel referred to as the "Ponte Vedra Preserve," a misnomer if there ever was one!

Our street has just five homes on it and turning onto or off of Ponte Vedra Blvd. is already somewhat of a challenge. There has been a noticeable increase in the number of bicyclists and joggers over the last several years. Many become aware of my car as they pass directly in front of me. I have to proceed up to the sidewalk to be able to see before I can turn.

Now a developer wants to put 22 homes on a road less than 250 feet from Isle Way Ln. This would be a four-fold increase in the number of people entering and exiting Ponte Vedra Blvd., not including the service vehicles that would be required for such a development. This would create a very dangerous situation for residents of both areas as well as residents who live on Ponte Vedra Blvd.

The developer has asked for special consideration to truck in a huge amount of fill dirt to build this development, and that truck traffic will add further to the danger on Ponte Vedra Blvd.

There is a reason that our area will be participating in a traffic study! I urge the St. John's County Commission to overturn the variance and protect the residents of the neighborhoods that are already here.

Debbie Safford

Ponte Vedra Beach

### Preserve variance would set dangerous precedent

As a longtime resident of Ponte Vedra Beach. I'm writing with great concern over the proposed "Ponte Vedra Preserve" at 1044 Ponte Vedra Blvd.

It is my opinion that our zoning and permitting systems work best to assure our quality of life when applied fairly to everyone and every project. The variance requested for this project far exceeds the original zoning for this parcel. The massive fill that is proposed for the entire subdivision would set a dangerous precedent for future projects in St Johns County.

If allowed, this project will directly impact the wetlands and habitat for many species of wild life and further erode the quality of life in Ponte Vedra Beach. The variance if allowed only benefits the developer and no one else.

I urge the St John's County Commission to overturn the variance and adhere to the rules as originally set out

> Gary Coulliette Master Naturalist Ponte Vedra Beach

### Hallmark staff represent giving spirit of the community

Kudos to local business Betsy's Hallmark and store manager Judy Naylor and staff for the generous and compassionate outpouring during the recent holiday season. After donating paper and supplies, Naylor reached out to the National MS Society North Florida Chapter for volunteers, who during December offered free gift wrapping for beacharea residents. Donations supported research and programs for the more than 18,000 North Floridians affected by MS.

Hallmark's gesture is what our community is all

Corrina Madrid President, National MS Society North Florida Chapter

### Still time to register to vote in 2016 Presidential Primaries

2016 is already shaping up to be a very busy election year with three scheduled elections: March 15, Aug. 30 and Nov. 8. Florida's Presidential Preference

Primary Election gets the election season underway on March 15.

Since Florida is a closed primary state, only registered Republicans and Democrats are eligible to vote in the March 15 election in which Republicans and Democrats will choose their party's presidential candidate for nomination for President of the United States. Voters registered with a minor party or no party affiliation are not eligible to vote in this election.

The names of the 16 candidates certified by the State for the ballot (13 Republican and three Democratic), were received by our office in late December. Overseas absentee ballots will be mailed Jan. 28 and the local absentee ballots will be mailed Feb. 16. Early voting will be conducted from March 5-12. Hours will be 9 a.m. to 6 p.m. at all six of our regular early voting locations.

There is still time to register to vote, update your address or make changes to your voter registration before registration closes Feb. 16 for the Presidential Primary Election. It is very important that you keep your address up to date with the Elections Office. Updating your address is as simple as making a phone call to the Elections Office (904-823-2238). Address changes may also be sent by email to elections@sjcvotes.us but must include the voters name, address and date of birth.

Not sure if your information is up to date? Check the status of your voter registration on our website www.sjcvotes.us by using the voter information lookup icon.

2016 will be a very exciting year, and I look forward to the challenges it brings. My staff and I are here to serve you and we will make it easy for you to vote. Please visit our office, call or use our online forms and resources to help you prepare for Election Day.

Vicky Oakes St. Johns County Supervisor of Elections

### **SHORT TAKES**

### **Fourth Saturday Family Seining Event**

Join GTM Research Reserve guides on the fourth Saturday of every month (Feb. 27) from 8:30-10:30 a.m. for a family seining activity. Visitors pull a seine net through Guana Lake, collecting species of fish, crabs and more, and then learn about the animals and their roles in the habitat. All necessary gear, including waders and boots, will be provided. There a \$3 per vehicle parking fee. The event is free.

Please meet the guides at Guana Dam Recreational Area. They will be located at either the north or south boat launch, depending on the tide. For more information, call 904-823-4500. Space is limited, so please reserve a spot online at https://gtmresearchreserveexplorations.eventbrite. com. If the space is completely filled, you are encouraged to sign up for the waiting list.

### CCPV art tour to Daytona Cici and Hyatt Brown Museum of Art

The Cici and Hyatt Brown Museum

of Art is more than a traditional art museum. It is a history museum, with the history of Florida told through works of art. The Cici and Hyatt Brown Museum of Art provides visitors an opportunity to see the most extensive collection of Florida art in the world with over 2,600 beautiful oil and watercolor paintings that date back to the early 1800's. All ticket holders will have the unique chance to personally meet and chat with art collector, Cici Brown.

Seating is limited. A bus will depart from the Books-a-Million parking lot located at the Marsh Landing Shopping Center - A1A and JTB. Coffee and pastries will be served.

Ticket price includes round-trip transportation aboard a luxury motor coach with refreshments, museum admissions, lunch and guided tours. Purchase tickets by calling Toni at (904) 280-0614 x 202.

### Intro to Volunteering at Haven Hospice

On Jan. 22 from 3 p.m. – 4 p.m.,

Haven Hospice will host an event for interested new volunteers at 8301 Cypress Plaza Dr. Suite #119 Jacksonville.

There are many ways in which your skills and smile can make a difference through volunteering. Explore all the possibilities including patient support, administrative support. Call Carol Waters (904) 733-9818 for more information. To apply online, go to www. HavenHospice.org/volunteer.

Haven Hospice is your not-forprofit community hospice organization providing services since 1979 and licensed in Florida since 1980. Haven is North Florida's expert in end-of-life and palliative care, receiving national recognition as a Circle of Life Award Recipient from the American Hospital Association for its excellence and innovation. Haven has also been recognized as a Florida Pacesetter for its leadership in promoting advance directives. For more than 35 years Haven has had the honor and privilege to serve more than 68,000 patients and families in North Florida. For more information, visit www.havenhospice.org or call 800-727-1889.

### Yonder Mountain String Band and Guests Trout Steak Revival to perform at the PV Concert Hall

The Ponte Vedra Concert Hall, in partnership with Jax Live, present Colorado-based bluegrass ensemble Yonder Mountain String Band with special guests Trout Steak Revival on Tuesday, Feb. 9, 2016.

Tickets for the standing room only show are on sale now. Tickets are \$27 in advance; \$32 day of show. Doors open at 7 p.m.; show starts at 8 p.m.

Tickets are be available for purchase at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre Box Offices, ticketmaster.com, all Ticketmaster outlets and by phone at (800) 745-3000.

For more information, visit www. pvconcerthall.com.

# The S.M.A.R.T way to achieve New Year's resolutions

### Dr. Erika R. Hamer, D.C., DIBCN

Did you make a New Year's resolution for 2016? A good portion of us make resolutions at the start of every

In fact almost half the adult population in this country makes one or more resolutions each year. The most popular New Year's resolutions involve weight loss, exercise and quitting smoking. Also popular goals are better money management and debt reduc-

Also, here's how many people keep their resolutions after specific periods of time...

- Past the first week: 75%
- Past two weeks: 71%
- After one month: 64%
- After six months: 46%

No matter what you choose for a resolution, use the S.M.A.R.T. system to improve your odds for success.

### S = SPECIFIC

It's difficult to hit a target if you haven't defined it. Being specific allows you to sharpen your focus. And with more focus, your chances for success increase.

### M = MEASURABLE

You need to quantify what you would like to achieve. Saying that you want to lose weight in 2016 is not the same as saying you want to lose 15 pounds and 3 inches off your waistline during the same period. How will you know you've achieved your goal if you cannot measure it? Being able to measure your achievements also allows you to create smaller milestones on your way to ultimate success. Experiencing smaller accomplishments delivers positive reinforcement, sometimes providing the necessary boost you need in more difficult times.

### A = ACHIEVABLE

With goal setting, the ultimate purpose is to experience the feelings associated with achieving success. If your sights are set too high, it's unlikely you'll ever realize these feelings. Furthermore, if goals are set with unachievable expectations, your feelings

are more likely to be associated with failure instead of success. See setbacks as opportunities to practice your will power and resolve, and not as examples of inabilities.

### R = RELEVANT

What makes your resolution meaningful? Your goals are more likely to be completed if they are significant to you. What impact will it have on your life in the days, weeks, months or years ahead? When you connect with its value, you're more likely to invest the time and energy to make the goal happen.

### T = TIME SENSITIVE

Having a specific time frame to accomplish something lends a sense of urgency to the task. And it slashes procrastination. This year, make one of your resolutions to take good care of your mind and body. Every other intention you set for 2016 will work better when you enjoy good health. Here are some basic reminders to enjoying good health.

1. Exercise regularly — movement

prolongs the life of all bodily systems.

- 2. Eat a healthy diet to maintain good health and prevent disease.
- 3. Drink 8 to 10 glasses of water daily. The body consists of 65% water.
- 4. Think positively good thoughts lead to good feelings, and good feelings contribute to good health.
- 5. Sleep at least 7-9 hours per night sleep is restorative for all systems of
- 6. Focus on being thankful and appreciate what you have now. Then, look forward to your New Year's resolution as a means to enhance your

It is best to consult with your health care provider before starting a weight loss or exercise regime. They can provide the expertise and care you need to achieve your goals for a healthy

Dr. Erika R. Hamer, D.C., DIBCN, is a Chiropractic Neurologist and the owner of the Ponte Vedra Wellness Center. Opened in 2004, Ponte Vedra Wellness Center is a traditional chiropractic and chiropractic neurology clinic for adults, children, and pregnant women. For more, visit www. pontevedrawellnesscenter.com.

### **NEWS BRIEFS**

### **Davidson Realty hosts** grand opening today

Davidson Realty, Inc. will host a grand opening ceremony for its new office in Jacksonville Beach today (Jan. 21) at 4 p.m. The event is open to the public and will be hosted at its new location, 1500 Beach Blvd., Suite 215, adjacent to Engine 15 Brewing Company.

'We're looking forward to being part of the Jacksonville Beach community and meeting the needs of our clients throughout the area," said Davidson Realty President Sherry Davidson. "We have a great team of agents in the new office who are excited to turn the lights on and open the doors."

Davidson will provide complimentary beverages like craft beer by Engine 15 and a variety of wines. Finger foods by Blackstone Grille will be served.

At 5:30 p.m., Davidson will draw a winner for its Cooler & Cocktail raffle contest. The prize, which is sponsored by Bank of England, includes a cooler filled with 14 brands of liquors and a variety of snacks. Tickets are now on sale (one ticket for \$10, six tickets for \$50 and 15 tickets for \$100) and will be available up to the drawing. Anyone who checks in on Facebook at the event will also receive a free raffle ticket. All proceeds from the raffle contest benefit St. Augustine Youth Services. Learn more at www.DavidsonCares.com.

Davidson Realty's Jacksonville Beach office is the company's second location behind its headquarters in World Golf Village. A new office in the Julington Creek/Mandarin area is also planned for the near future. Davidson is recognized as one of Northeast Florida's 50 Fastest Growing Companies and Best Places to Work by Jacksonville Business Journal. The firm has also been repeatedly featured as one of Florida's Best Companies to Work For by Florida Trend

### **Church blood drive Sunday**

Ponte Vedra United Methodist Church at 76 S. Roscoe Bvd. will hold a blood drive on Sun., Jan. 24, in the church parking lot. Appointments are available every 15 minutes from 9:15 a.m. to 12:30 p.m. Anyone who is in good health, at least 17 years old and weighs at least 110 pounds may donate blood. There is no upper age limit to donate. Those who have visited Panama, Costa Rico and some other countries with a risk of malaria within the past year are not eligible to donate blood.

Contact nflagal@aol.com for more information or to schedule a donation

### **Sports author visits Book Talk Café Monday night**

Nathan Whitaker's life in sports has led to a career surrounded by famous sports figures. He'll talk about his life in sports and his books written with sports icons like Tony Dungy and Tim Tebow at the Ponte Vedra Library's Book Talk Café program on Mon., Jan. 25 at 6:30 p.m.

A Gainesville attorney representing NFL and college coaches, Whitaker is also a bestselling author of sports biographies. He's written six books that have cracked the top ten of the New York Times Bestsellers list, including his first book, "Quiet Strength," co-authored with Tony Dungy, which became the secondbest-selling hardcover sports autobiography ever, and has over two million copies in print.

His most recent book, "Snap Decision," is a middle-grade novel about friendship and honesty, and is set in North Florida.

Whitaker is a Gainesville attorney who played football and baseball at Duke University (football for Steve Spurrier). He also has master's degrees from Harvard Law School and the University of Florida, and has worked in the scouting departments of the Jacksonville Jaguars and Tampa Bay Buccaneers.

Book Talk Café is sponsored by the Friends of the Ponte Vedra Library, and offers light refreshments as well as the opportunity to purchase the author's book. The presentation is free and open to the public.

### Registration open for county youth basketball leagues

St. Johns County Parks and Recreation Spring Youth Basketball League is now offering a new program for male and female athletes ages 9 to 14. Registration is open and runs through Feb. 13. There

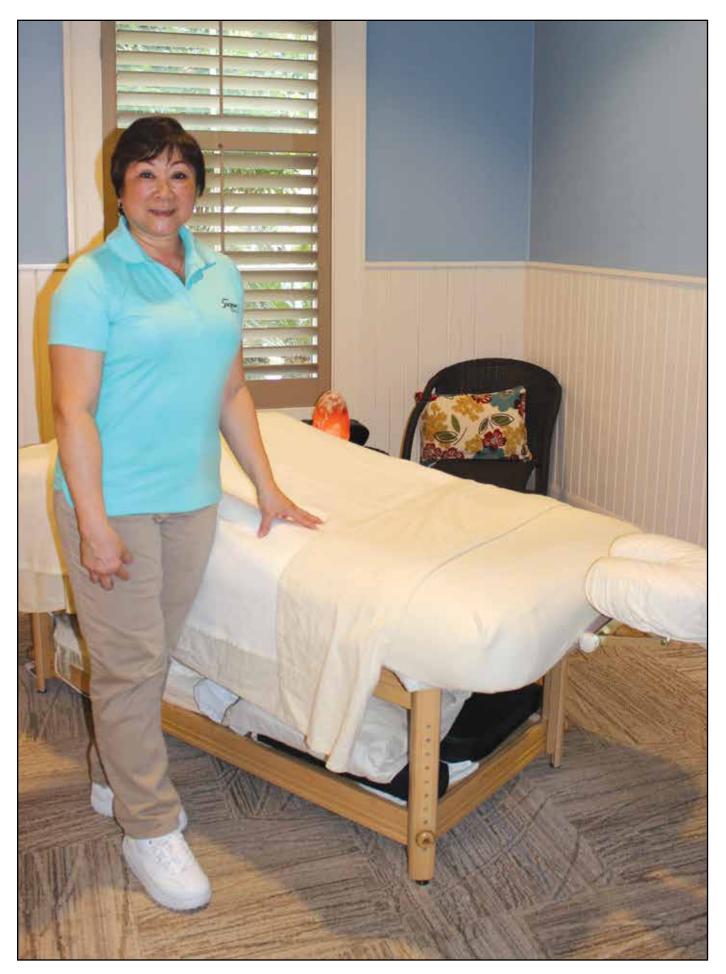
is a \$20 non-refundable registration fee to play, and tryouts will be held on Feb. 13 at the Ketterlinus Gym, 60 Orange St., St. Augustine.

New leagues will be broken down by age and gender and will include: boys 9 and 10; boys 11 and 12; boys 13 and 14; girls 9-11 (elementary) and girls 12-14 (middle). All practices and games will be held at the Ketterlinus Gvm and Solomon Clahoun Community Center (1300 Duval St.). Practices will be scheduled by individual coaches. Games begin March 5 and run through the end of May. All games will be held on Saturday mornings or afternoons. For more information or to register, call Josh Bratovich at (904) 209-0386 or visit www.sjcfl.us/recreation.

—Compiled by Kelly H. McDermott



6 One of Us



# Muriel Hattori has been practicing massage for over 30 years,

but for the self-proclaimed "workaholic," massage isn't simply a career — it's her life's work. Over the years, she has developed her own therapeutic massage style, with techniques pieced together from massage techniques she's experienced while traveling the world. The end result is a style that is very Asian-based and is fast-paced but also very relaxing and therapeutic, according to Hattori. Her clients have dubbed her technique "Muriel Magic." Hattori's clientele have included many prominent sports personalities, including NFL Coach Tom Coughlin and several PGA Tour players. Hattori is employed at the Sawgrass Marriott Golf Resort & Spa, Sawgrass Country Club, and Kudos Massage Therapy at the Ponte Vedra YMCA. She lives in Ponte Vedra with her husband.

# Where are you from originally?

I was born and raised in Toronto, Canada and after I finished school, I moved to Los Angeles, met my husband and moved to Ponte Vedra. He was relocated here with his work. So we came to Ponte Vedra in 1993 and we thought we'd only be here three years — and here we are still!

# What do you enjoy about living in Ponte Vedra?

I think Ponte Vedra is really great, and everyone I know who moves away, they all come back. I go back to Toronto and I go back to L.A. quite often. There's a lot to be said about the smaller, quieter city.

# How did you get started in massage therapy?

I kind of fell into this. I started out actually studying acupuncture and fell into doing massage. I have traveled a lot. When I finished school, my parents encouraged me to travel for a different kind of an education, and as I traveled more and more and more, I started to get massages in all these different countries. It was always amazing how everybody was different; how every technique had a little bit of something special and different, and that's what I like. So when I ended up pursuing massage, I developed a style over all these years.

# How would you describe your massage style?

As I travel, I get more massages, I pick out what I like in each style and I kind of combine it into what I do and I have a very unique and a very eclectic style. It's pretty much made up of what I think I would like to have done on me, and it's probably a little bit of the best of all of the different ones that I have done.

# How has your career evolved or differed in PV versus L.A.?

I have been very fortunate that when I moved out here, I kind of fell into the sports world. When I was in Los Angeles I was very fortunate and my business was built around the entertainment world, so I was very lucky; I met the right people at the right time which I think is crucial in any business that you're in.

The person who really put me into all of this golfing who introduced me to the PGA Tour was Fred Couples. He's wonderful; I actually owe a lot to him. He put me on the map with PGA Tour. Somehow it got out that I do a lot of therapeutic work and he found me and asked me to work on him for the week of The Players, and this was in 1996. And fortunately, he won. Word got out that I worked on him, and he is renowned for having a really bad back, so that didn't hurt my career in

### Hattori

any manner. He really set me on the course so I'm really, really grateful to him for that.

### What do you think the secret to your success has been?

I like to help people. Most therapists

don't last as long as I've lasted. I think that they say that the average therapist only works five to seven years and I've gone over 30. I think a lot of it is the fact that I still enjoy what I do and I get a lot of satisfaction when I get somebody who comes in on the table and they say, 'oh I have something wrong with me.' I find that when I can help somebody and they get off my table and they're feeling better, or they get off happier, that makes me happy.



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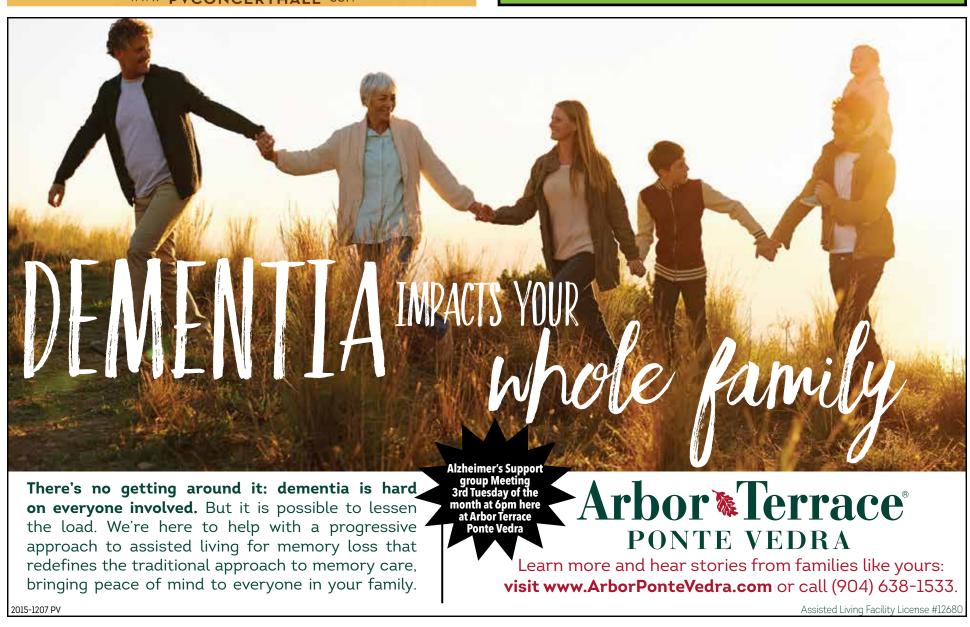


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8 Community News

### **IN REMEMBRANCE**

### **Dianne Marie Moreland**

Dianne Marie Moreland, 62, of Ponte Vedra Beach, FL — formerly of Taylor Mill, KY — passed away



**MORELAND** 

Tuesday, January 12th. Dianne was preceded in death by her father, Robert Wehr. She is survived by her daughters, Amy Williams and Megan Woods; sons Michael, Kevin,

and Sgt. Daniel Moreland; mother, Jeanne Wehr; brothers, David Kingcade and Robert Wehr II; sister, Cindy Hughes; and her 10 grandchildren. A memorial mass was held at St. Patrick Catholic Shrine in Taylor Mill, KY on January 18th. Memorial donations may be made to St. John's County Council on Aging, www. coasjc.com, 180 Marine Street, St. Augustine, FL 32084.

### **Martha Ann Hawes**

Martha (Marty) Ann Hawes, 82,

died Tuesday, January 12, 2016, at her home in Ponte Vedra Beach, FL. She was born on April 14, 1933, in Cambridge, MA to Ralph and Helen (Jardine) Folkins. Marty graduated from Cambridge High and Latin School in 1951, and then went on to graduate from Lasell Junior College in 1953, earning an Associate in Art degree, with her love of fashion and design being constantly at the forefront.

Marty married Ralph Ernest Hawes on February 6, 1954, in Arlington Heights, MA. She enjoyed her family, many sporting activities, and socializing with her many good friends. Marty was an avid life-long Red Sox fan and she was a member of the Ponte Vedra United Methodist Church.

Marty is survived by three sons and a daughter, Jeffrey (Mary) Hawes, Melbourne, FL, Pamela (Brian) Rotty, Rochester, MN, Timothy (Sharon) Hawes, Jacksonville Beach, FL, and Jonathan (Karen) Hawes, Sherwood, OR; eight grandchildren; along with several nieces and nephews. She was preceded in death by her loving husband, Ralph, her brother Jack, and her parents. A Memorial Service will be held at 4:00 pm, January 22, 2016, at Ponte Vedra Valley, 4750 Palm Valley Road, Ponte Vedra Beach, FL 32082. Please sign the online guestbook at www.pontevedravalley.com.

### **Suzanne White Stryker**

Suzanne White Stryker, 81, of Ponte Vedra Beach, FL, died peacefully January 17th, 2016 at the Mayo



STRYKER

Clinic in Jacksonville. She was born on April 1, 1934 in Long Island, NY. After graduating high school, she worked for Trans World Airways at Idlewild Field, NY. Suzanne married

Charles Stryker in 1956 and lived most of her life in Rye, NY, where she raised her 2 daughters, as well as being a loving mother to her step sons. Widowed in 1979, she volunteered at local hospitals and served as an Elder at the Rye Presbyterian Church. Suzanne moved to Ponte Vedra in 2001 and enjoyed a full life of boating, traveling, volunteering at the Mayo Clinic, and doting on her grandchildren along with her cats, Leo and Buddy. Suzanne was preceded in death by her beloved husband Charles. She is survived by her cousin, Yvonne Conners; daughters, Lynn Stryker and Kristen Hazleton; stepsons, Samuel and Peter Stryker; her grandchildren, Charles, Sophia and Maximillian Hazleton. A memorial service will be held at Ponte Vedra Valley on Tuesday, January 19th at 4 pm before Suzanne joins her deceased husband in interment at The Presbyterian Church in Rve, NY. Please consider a gift in her memory to The Covenant House or The Humane Society in lieu of flowers. Please sign the online guestbook at www.pontevedravalley. com.

### **ENGAGEMENT**

Mr. and Mrs. Simon Serhan of Beirut, Lebanon and Mr. and Mrs. John Molyneaux of Jacksonville Beach Florida are pleased to announce the engagement of Stephanie Simon Serhan and Derek Richard Molyneaux. A fall 2017 wedding is planned following the couple's graduation from the University of Richmond Law School.



Stephanie Simon Serhan, Derek Richard Molyneaux

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### **SHORT TAKES**

### **Players by the Sea Theatre** open submission call

New Voices is Players by the Sea's recently formed New Play Development Process. Starting with an open submission call from Jan. 15 - March 1, 2016, aspiring and acclaimed writers are encouraged to submit 10 new pages of dialogue inspired by a concept they have for a new play. Writers are also asked to submit a 1-2 page proposal that clearly defines the concept for a new play along with a brief synopsis (keeping in mind that it is absolutely subject to change), reason to why this play would fit the mission of Players by the Sea and New Voices, and why the writer would benefit from a year long development process.

Submissions will be adjudicated locally and nationally by a Panel comprised of theatre and writing professionals. These panelists will select two playwrights who will embark on the year long development process. The accepted playwrights will be announced on April 1, 2016.

After selection, the two playwrights are assigned Dramaturgs who will help guide the play through the entire development process. Once the plays reach a draft that can be rehearsed, auditions will be held and the plays will enter the rehearsal process. Both plays will be fully mounted in April 2017 as part of Players by the Sea's 2016-2017 Season.

This process is open for writers residing in Duval, St. Johns, Clay, and

Nassau Counties. Submissions must be sent in PDF format to newvoices@playersbythesea.org. Submissions will not be accepted or read before Jan. 15.

### **GTMRR Guided Beach Exploration: Beach Stroll and Discovery**

On the third Saturday of the month (Feb. 20), from 8:30-10:30 a.m., join the GTM Research Reserve interpretive guide for a beach walk at the Guana south beach location. Learn about the animals that call the beach their home as well as seashells and other interesting facts. This is a "Beaches 101" experience the entire family will enjoy.

Park at the GTM Research Reserve South Beach Access Lot, 1798 Ponte Vedra Blvd. (A1A) in Ponte Vedra Beach. There is a \$3 per vehicle parking fee. For more information, call 904-823-4500 or go to https://gtmresearchreserveexplorations.eventbrite. com to reserve a spot online. Space is limited so please RSVP. Provide your email and phone number, in case cancellation is necessary due to inclement weather. The event is free.

After the walk, visit the Exhibit Hall at the GTM Research Reserve Environmental Education Center or enjoy our many miles of trails. The Center is located at 505 Guana River Road in Ponte Vedra Beach. Admission fee into the Exhibit Hall is \$2 for adults, \$1 for children ages 10-17, and children under ten are free.

# Undefeated PV soccer boys head to playoffs

### **Jerry Norton**

The Ponte Vedra Sharks' soccer team wound up the regular season with victories over Fletcher, 8-2 at home, and Flagler Palm Coast, 3-1 on the road to finish with a 20-0 record.

The Senators were easy picking for the Sharks as six different players scored goals. Michael Bennett scored first on a feed from Munir Adamo four minutes into the game.

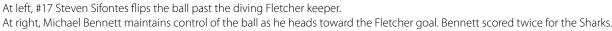
Johnny Stephens made it 2-0 on an assist by Jack Bingemann. Then Bingemann converted a corner kick into the Sharks' third goal at the 23-minute mark using his right foot to redirect the chest high ball into the goal.

Before the half ended Ponte Vedra added goals by Bennett, Stephens and Adamo to lead 6-0 going into the final 40 minutes.

After Steven Sifontes' goal midway through the half gave Ponte Vedra a 7-0 advantage, the Sharks substituted freely. The visitors finally got on the scoreboard with two goals in the game's final three minutes.

Despite the score, the play of the Fletcher keeper, Alec Adamac, was remarkable. Adamac turned away shot after shot in the first half, a number on





rebounds that otherwise would have ended the game by mercy rule well before the end of the first half. The Sharks outshot the Senators by a margin of 30 to 7, an indication of Ponte Vedra's dominance.

This week Ponte Vedra travels to Orange Park for the district playoffs this week.



Photos by Chris Norton

# Sharks head into final weeks with winning record

### **Jim Moyes**

Community Submission

The Sharks carry a winning 12-8 record and a number one district seed, as the 2015-16 regular season approaches the final two weeks of the campaign.

After defeating their final two district foes, Clay and Menendez, the Sharks have concluded their district obligations and now look forward to play five talented opponents, with four of those games scheduled to be played at the friendly Shark Tank.

Only last Friday night's defeat at the hands of the defending state championship Providence team marred a perfect week for the Sharks.

After busting out to an early 6-0 lead in their loss to Providence, thanks to a couple of long three point bombs from Jack Shannon, the Sharks then appeared to play very tight and tentative against their heralded opponent.

The Sharks trailed by a mere two points, 12-10, after the first quarter

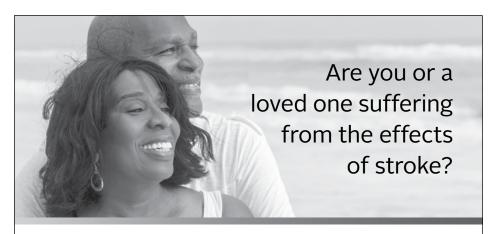
of action, but when coach Beech went to his bench to give some needed rest for his regulars, playing their second game in two nights, Providence took advantage of the mismatch in talent and outscored PVHS 20-7 in the second2nd quarter and were never again challenged.

The Sharks were far off form against the Stallions, a team composed of numerous transfers, including last year's St. Johns County Player of the year Zachary Bryant, who played for Menendez last year. Bryant had to work hard against Ponte Vedra's defensive ace Matt Johnson, scoring 19 points, while former Lee High standout Jackie Archie was close behind with 17 markers.

Johnson had 11 and Pirris 10 for the Sharks in the 74-47 loss to the Stallions, who have not been beaten by a Jacksonville Area Public School in more than a decade.

Ponte Vedra and Clay met for the third time this season on January

SHARKS continues on Page 15



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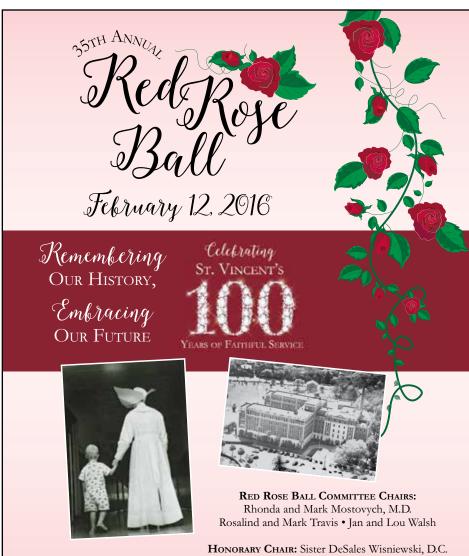
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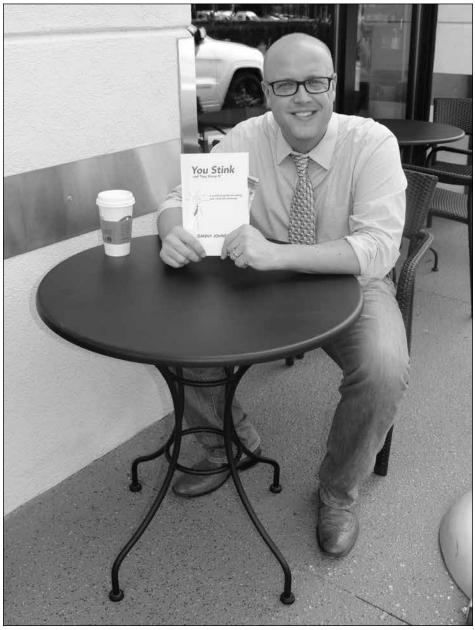
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# Nocatee Happenings: The latest news from Nocatee



Carrie Resch / The Recorder

Nocatee resident and standup comedian Danny Johnson will be headlining Nocatee's Adult Comedy Night, Jan. 22.

# Adult Comedy Night will return Jan. 22

If your New Year's Resolution is to laugh more, worry less, Nocatee's Adult Comedy Night might be just the ticket!

By popular demand, comedy night returns Friday, Jan. 22 with two back-to-back performances at 7 p.m. and 8:30 p.m.

Headlining the event will be Nocatee resident, stand-up comedian and author, Danny Johnson. Johnson has worked with some well-known legends in comedy including Chris Rock, Damon Wayans, Bob Saget and Richard Lewis, to name a few. He describes his brand of comedy as "squeaky clean" and says his shows are relatable, entertaining and always evolving.

Johnson has appeared on Comedy

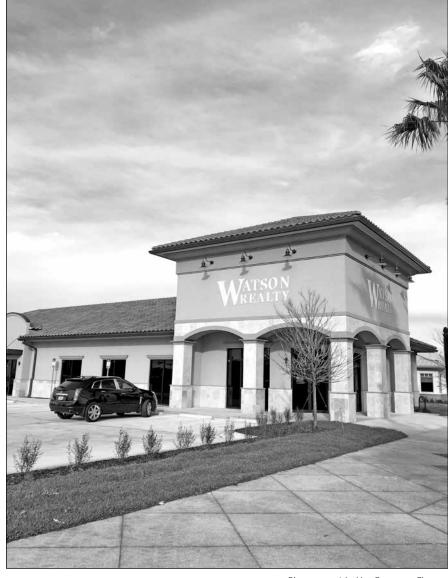
Central's Laugh Riots, was a Florida's Funniest Comedian semi-finalist, winner of Carnival Cruise Line Comedy Challenge and a finalist in Search for the One Christian Comedy contest.

The show is open to Nocatee residents ages 21 and up. Tickets are \$5 per person; tickets for guests of residents are also available for purchase (while supplies last). Tickets are available at resident services or by calling (904) 924-6850. Space is limited.

The event will take place in the Nocatee Room, and a cocktail reception will take place 30 minutes prior to each show. Beer, wine and select cocktails will be available for purchase at the bar.

Visit www.nocatee.com for more information

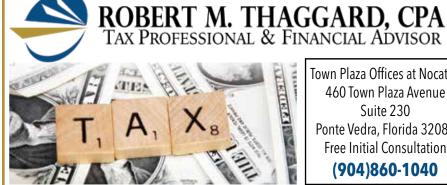
# Newest Watson Realty Corp. office now open



Photos provided by Courtney Clayton

Staff are putting the finishing touches on the new Watson Realty Corp. office in Nocatee. The office had a soft opening on Jan. 11, and will be having a grand opening on March 16. Mark Rosener will be acting as the temporary broker and is working to get the office up and running, in addition to managing the St. Johns Office. The Nocatee office will include 20 real estate associates and is currently hiring experienced real estate professionals.





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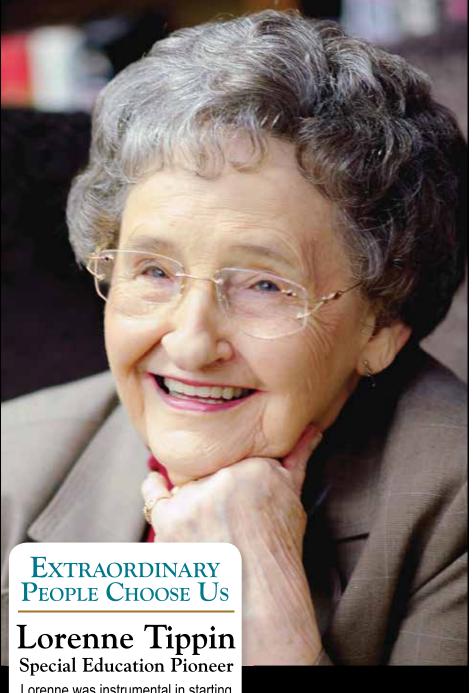




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> She wrote her life story. "From Grit to Grace," and published it in 2003.



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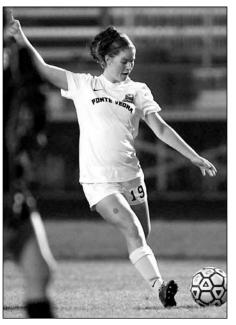


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Angeline Daly drives a long shot past the Matanzas' keeper.

Abby Miller sends the ball toward the Falcon goal.



# PV girls dispatch Matanzas, Clay to win district soccer title

### **Jerry Norton**

Special to the Recorder

The Ponte Vedra girls' soccer team had a good week on the road this past week. The girls traveled to Menendez for the district playoffs and had little trouble bringing home the District 3A championship. Ponte Vedra shut out both Matanzas, 2-0, and Clay, 3-0, to earn the title.

Except for a breakaway shot by Piper Dotsikas that rattled off the crossbar at the 38-minute mark, Matanzas and Ponte Vedra played cautiously with neither group having a distinct advantage. Finally with less than two minutes left in the half, Angeline Daly scorched a ball past the helpless Matanzas keeper to put Ponte Vedra in front 1-0.

Nine minutes into the second half Daly blasted another shot into the left corner of the cage from 30 yards out that the Matanzas keeper had absolutely no chance on. From that point on the Shark defense took over and blanked their high scoring opponent.

The game for the district title matched Ponte Vedra against Clay and gave the Sharks a chance for revenge. During the regular season Clay tied Ponte Vedra 1-1 on a disputed penalty kick. This time Clay was never in the game and the game's only penalty kick belonged to Ponte Vedra.

The Sharks' Kristin Sandifer headed a loose ball out of a crowd in front of the goal past the Clay keeper who was out of position,



#10 Kristin Sandifer uses fancy footwork to keep control of the ball.

scoring the only goal the Sharks would need.

With seven minutes left in the half, Dotsikas scored an unusual goal bending her corner kick high and behind the keeper. No one on either team touched the ball thus Dotsikas was credited with an unassisted goal on the corner kick.

Ponte Vedra was awarded a pen-

alty kick when Marissa Reinker was pulled down in the box attempting to convert a pass from Abby Miller. Julia Worman made good on the kick, and Ponte Vedra went home with the District championship.

The Sharks advance to the regional playoff round at home against Paxon tonight, Thurs. Jan. 21, at 7 p.m.



# Lady Sharks honor seniors

The Ponte Vedra Lady Sharks basketball team will be honoring their five seniors at a ceremony this week. The special ceremony will take place this Friday, Jan. 22, during their final regular season home game, where they will face Episcopal High School starting at 6 p.m. Four of the five seniors have played all four years on the varsity team at PVHS.

Pictured left to right: Theresa Irwin, Christi Begeman, Miriam Grant, Erin Landis and Michaela Hulihan.

Community submission

### **Sharks**

Continued from 9

12, with a possibility of yet a fourth game if both teams make it to the district finals. Ponte Vedra made it three straight victories over the Blue Devils, but the Sharks had to work hard to dispose of the improved Clay Co five.

Ponte Vedra had to go on a 11-2 run over the game's final minutes to seal the hard fought 74-65 victory and needed career games from a pair of juniors to finally put the game away.

Eston Hensley tallied 21 points while Jack Shannon equaled his career high with 18 as the two juniors combined to shoot a perfect 10-10 on their two point attempts. Ponte Vedra, entering the game with a poor team free throw percentage of just over 50 percent, netted a much improved 13 of their 16 attempts to aid their cause.

Pirris with 12, and senior Matt Johnson with 10 points, were also in double figures for the Sharks.

Two days later the Sharks went on an even bigger run in their 64-42 road win against Menendez.

Trailing by one point, 40-39 with 2:20 remaining in the 3rd quarter, Ponte Vedra went on an unfathomable 25-2 run in defeating Menendez for the second time this season.

The host Falcons played superb ball for the first 20 minutes of the contest before the Sharks put the

foot on the gas, offensively and defensively, over the final 10 minutes of the contest.

Scoring for the Sharks was well balanced on the evening with juniors Shannon with 15. Pirris 12. and Hensley with 10, all in double figurers.

The win ensures that these two squads will next square off against one another for the second straight year in the first round of the districts, when state tournament play opens up at Ponte Vedra High on Tuesday, February 2.

The Sharks, playing one of the area's toughest schedules, will next move from the proverbial frying pan into the fire.

On Tuesday (Jan 19) the Sharks played Bishop Kenny, who brought a more than impressive 19-2 record into the Shark Tank.

Tomorrow (Friday, Jan. 22) at the Shark Tank, Ponte Vedra will host Creekside, a team with yet another superb record.

The Knights have dropped but 4 games this season, with one of those losses inflicted by the Sharks in late November 67-63.

The 7:30 tip off for the varsity will be the final of a trio of games that are scheduled.

Ponte Vedra's talented Junior Varsity team will begin the day's action with a 4:30 afternoon start against Creekside, with the Ponte Vedra Varsity girls' team honoring their seniors with a scheduled 6 p.m. start against Episcopal.



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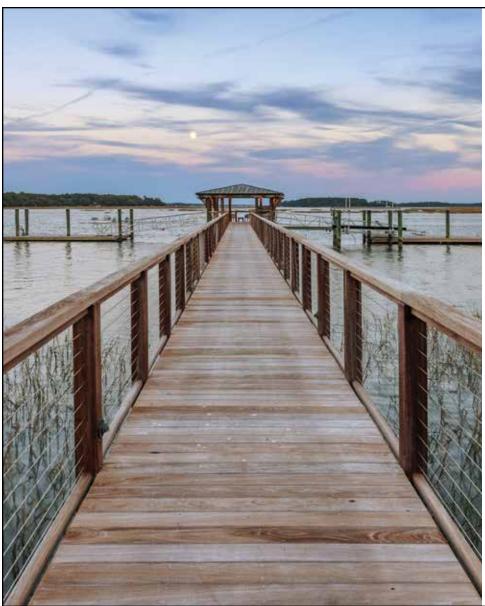
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A SPECIAL SECTION TO



January 21, 2016

# Downsizing your home and many years of possessions

### By Kellyann Wulbern

There is a new word that recently popped up in our senior community called "downsizing." This is the act of sorting through years of accumulated personal belongings and memories and making decisions on what to do with them. It also includes reducing your household size. People are making decisions to let go of the large house where the children were raised and deciding to let go and go smaller.

One person recently quoted, "We downsized our home and upsized our life!"

Many empty nesters are toying with the idea of finding a new smaller home instead of keeping the larger home "in case" the kids come back. People that have chosen to downsize report that they are happier, have more (time and money) and can just now live and enjoy life.

In some instances some people are told they have to move due to illness, loss of finances or something unforeseen. They have not much say in what happens. What if a person decides to take the reins now and decided to start the process while they were still able, before someone else tells you what to do? You could make decisions on your own terms, not someone else's.

Of course there are many things to consider:

Where do you want to move to? Will you be moving closer to family? What type of housing are you interested in and can afford?

How large will your new home be? This will come in handy when deciding which furniture and items can fit.

Just thinking about the process of downsizing your home can make one stop dead in their tracks and reconsider. What does one do with their collections? How about the antique furniture? And how about the formal serving pieces that no one seems to use anymore?

How does one clean up and clear out each and every space? Do you know about estate liquidation?

To start with, give yourself a time frame.

Next start with one small area, say the dining room. Ask yourself, "Will I need this in the next 10 years? Do I think my \_\_\_\_ (fill in the blank) will want these silver serving spoons?" The younger people today tend to desire more modern items. (Who has time to polish silver?) What about your collection of angels and tea cups? Do you know what you will do with the items you no longer want or need? An estate sale is a good start, depending

upon the items. Some people opt for a garage sale.

I found that creating staging areas (piles) will also help the process. We set aside areas for things to keep, to pack, for family, trash, donations, items to sell and "pending." This creates a nice visual

**Step 1:** Decide what can you live without. Decide what you will need and what you will actually use.

**Step 2:** Go through your each room and clear take everything out. Only put back what you want to keep. As for the left over items, consider donating, passing along to family or simply tossing.

**Step 3:** Measure your furniture and know the size of the new home. Deciding which pieces that will fit is important for space planning.

**Step 4:** Storage. Will you have enough space to store what you are planning to keep?

**Step 5:** Sell the stuff you no longer want. Consider yard sales, Craigslist and consignment or hire an estate sales company.

**Step 6:** Get organized by using clear bins and boxes that are properly labeled.

**Step 7:** Make a "home" for the items you choose to keep. Everything in its place.

**Step 8:** Organize as you unpack. If you start fresh and have a plan, you are more likely to keep it straight.

**Step 9:** Enjoy your new found time! By hiring a company that specializes in senior moves, like The DeClutter Company, one can rest assured that every part of the move process is done correctly and efficiently. From sorting to packing to hiring a reputable moving company and coordinating realtors, cleaners and unpacking and setting up, we are your one stop shop! Call us

Ask others what their downsizing experience has been like. You will hear lots of positive responses like they feel "free" and "happy."

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tion. www.TheDeClutterCompany.com

Downsizing will free up so much of your time to do the things that you really would rather. Perhaps now you could take up that painting class that you've always dreamed of.

What I've found when people get organized is that they feel better, sleep better and think better and best of all, they can focus on what's important to them

Kellyann Wulbern is COO (Chief Organizing Officer) for The DeClutter Company, www. TheDeClutterCompany.com, (904) 238-9040

# Tips to be more productive

(StatePoint) — Juggling work, family, friends and everything in between is no easy feat. But there are many ways to increase your productivity without working harder or getting more stressed.

Small business owners are true experts in this art, establishing routines and habits to be more efficient with time, money and resources. Here are some top tips recently shared by several small business owners and bloggers as part of the #MakeMoreHappen campaign from Staples, that can help you become more productive at home and work.

### **Get tech savvy**

Be willing to outsource certain tasks, like technical troubleshooting. If you're not an IT specialist, solving such problems can be time consuming and headache-inducing.

"Even small technical problems can take hours of frustration to fix, and most people don't think about these issues until they have them, especially when it's too late," says Cassie Boorn of Maker Mentors and blogger at Design Aglow.

"A smart solution is to set up a monthly subscription with a technical support hotline like Staples, so you can have instant access to help any time you need it."



### DIY

Whether you're dealing with professional or personal affairs, doing-it-yourself can often save money and time — from fixing things at home to creating the design elements of a business.

"I create and design my own cards and then print them myself. I create a different card for each platform I'm selling on — the basic design is the same, but the name of the platform is at the top and I use a different color pallet to distinguish each one," says Michelle Gallagher, the Etsy con-

sultant behind My Craft Assistant.

### **Simplify shopping**

One-stop shopping sprees at large retailers like Staples can help save time and money. These stores often offer lower prices on products, and shopping for many items at once online can help qualify you for free shipping. Also, these types of retailers tend to feature their own store brand products for further savings.

"Obviously, rationing pencils is not going to single-handedly bring your business out of debt, but you'd be surprised at how quickly seemingly minor expenses can accumulate," says Nicole Thein of Uniquely Women.

While Thein's advice focuses on business tools, the same rationale applies to household supplies and personal items. Making savvy consumer purchases can help you stretch your dollar.

### **Use life-saving apps**

These days, there are apps for everything. So before hitting the panic button, see if there's an app that can solve your problem quickly and on a budget. For example, designer and blogger Whitney English, founder of the planner Day Designer recommends Makr for those who need a logo fast.

"It might be something you need for a wedding, like a custom crest or a monogram or you might need an actual logo for your business," says English. "Enter the Makr app. It's the solution to all of those things, and then some."

Everyone can use more time, energy and money. Finding ways to stretch these precious resources can make you happier, healthier and more productive.

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# Quick, easy ways to bring order to your kitchen

(BPT) — The kitchen may be the heart of the home, but it's also home to a lot of clutter. From food and utensils to small appliances and phone chargers, the kitchen is the second most-cluttered room in the house, according to a Moen Consumer and Market Insights Group. But that doesn't mean it has to be difficult or even complicated. Make it one of your New Year's resolutions to bring order to the kitchen with these easy tips.

### Stash your stuff where you can see it

You don't need a large pantry or countless cupboards and drawers to find the perfect spot for all your stuff. If you have blank space on the walls, consider adding a few open shelves. They provide plenty of storage while keeping everyday dishes and staples, like the coffee canister or cookie jar, within easy reach.

The biggest pain point — and eyesore — for homeowners is lack of counter space, and feeling like there isn't enough real estate for everyday essentials. Instead of adding to the chaos, designate a specific "drop zone" for items that find their way into the



kitchen each day, like mail, paperwork or electronics.

Extend the "everything in its place" mentality to another kitchen staple — the dishtowel. Instead of leaving it in a damp heap on the counter, install a towel bar, towel ring or hook to the side of a cabinet or island to create a spot for it to hang. Not only will it free up space, but like in the bathroom or powder room,

you'll always know where to look for it when you need it. The Hensley accessory collection from Moen features soft, square shapes to keep you stylishly organized; plus, it boasts Moen's exclusive Spot Resist finish, keeping it finger-print free. There's also a matching pulldown faucet available within the collection to create an impressively coordinated, organized space for the new year.

### Storage space that works better, and smarter

If you're lucky enough to have a pantry, go beyond simple shelves to make this area work better — and smarter — for you. Pullout baskets and shallow drawers will ensure your pantry offers a proper place for everything. Curved cradles can turn an ordinary shelf into a beverage storage center, allowing you to store wine, water or soda bottles on their sides, while eliminating the fear of them falling off the shelf. And instead of wasting the space on the back of the door, install a slim, vertical storage system to provide a spot for plastic wrap, aluminum foil and other awkward-sized kitchen must

The key to staying organized is making the best use of the space you have. With a little imagination and the right additions, getting the kitchen organized once and for all is a New Year's resolution that's easy to achieve.

For more information about the Hensley collection from Moen, visit moen.com. To find more kitchen organization ideas, visit pinterest.com/moen.

# 7 easy steps to an organized, dust-free workshop

(BPT) — Any good DIY project leaves a trail of dust, tools and various scraps around the workshop. While the end-product is often fulfilling, the remaining cleanup never is. However, having a clean, organized workshop you can easily maintain isn't impossible. Here are eight workshop cleanup and organization tips to eliminate the dust, grime and clutter that's there, and prevent the messes yet to come.

1. Utilize ceiling space. Many projects need all the surface area you can get, so when it comes to storing tools or placing extra extension cords, utilize available space above. It's a great spot to hang wire baskets to get seldomused tools out of the way, and place hooks for getting extension cords off the floor

2. Choose the right tool. The best way to remove dust is to do so at the source. The Dremel brand's VRT1 combines a versatile rotary tool with a shop vacuum to cut out the cleanup and clear dust as you work. The tool connects to standard wet/dry vacuum hoses and adapters, and intake ports on the tool itself collect airborne dust and debris. It's a great asset for a dustless workshop, especially with sanding, engraving and polishing jobs or when working with dusty materials like

wood and drywall. To find other Dremel tools for your clean and organized workshop, visit www.Dremel.com.

**3. Install magnetic strips.** Hand tools, measuring tape and other small items have a way of going rogue while you're mid-project. Rather than throwing them into a big, cluttered bin, install a few rows of magnetic strips along the wall of your workspace. It's an easily visible place to store these smaller items that often go missing.

4. Include a retractable vinyl window shade. The work table often gets the brunt of the mess from glue spills and paint to dents and dust. Attaching a retractable vinyl window shade to the side of your work table enables you to pull down a protective cover over your workspace when you need it. The best part is, most materials can be easily wiped or scraped off the vinyl when the project is finished, leaving a cleaner, mess-free work table.

**5. Consolidate with a battery charging station.** Misplaced battery packs can delay progress during a project. Avoid the stress and consolidate all of your battery packs into one, central battery charging station. Create a long tray out of wood or metal and place with a dedicated power strip.

Use this area as the landing space for all your battery packs, so next time a power tool runs low on juice, you can quickly replace it and keep your projects going.

**6. Create a garbage station.** Running scraps to the garbage, searching for a broom and dustpan, and finding extra garbage bags is a tiring and unwanted step when you're in the middle of a project. To keep from making multiple trips back and forth to the garbage, create a handy garbage station that corrals the broom, garbage container and extra liners in one spot.

Place these items on a tray with wheels and it easily becomes a mobile station so you can get rid of the garbage as you go.

### 7. Cover walls with chalk paint.

Sometimes an organized workshop involves making a space for your creative ideas. Rather than cluttered notebooks and binders of notes, paint the walls of your workshop in chalk paint so you can jot down notes, measurements, timelines and plans in an easily visible spot. This keeps your big ideas top of mind and holds you accountable to any deadlines you have set.

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# Tips for home chefs to make their kitchens functional

(BPT) — When it comes to creating delicious menu items in your own kitchen, you could do it with limited space, dark lighting and minimal tools. It might take you longer, but you can do it.

If you are a foodie and you specialize in making dishes that are well received by family and friends, you don't want to deal with a bad layout in your kitchen. You want everything you need for food prep at the ready so you can focus on mixing ingredients for a delectable finished product. What you need is a functional kitchen.

Many homeowners are limited in how many changes they can make in a kitchen. It might be a space issue, or pipe and vent limitations determining where different appliances must go. But even with physical limitations, there are ways to make your kitchen a more functional and organized place so you can easily — and happily — cook anything you want.

### A sink space that does almost everything

The sink is one of three main activity areas in the kitchen, with the counter

space and the stove rounding out the trifecta. You need the sink for cleaning food items, washing your hands, filling pots with water and washing dishes. True foodies know the right faucet can quickly cut down on kitchen prep time. The Artifacts kitchen faucet collection from Kohler is designed to do just that. The revolutionary 3-function pull-down sprayhead makes it easy to fill pots and pans, the Sweep Spray is great for cleaning dishes, and the BerrySoft light spray is gentle for cleaning fruits and vegetables.

But the faucet is just one part of the sink area that can help a home chef whip up culinary delights. Kohler has designed a sink to help improve your kitchen organization and workflow. The Prolific Kitchen Sink has three tiered levels with five functional accessories that fit securely on the edges of the tiered levels for performing different tasks, from rinsing and cutting to soaking and drying. They include a bamboo cutting board, a bin and colander that are dishwasher safe, and two durable, dishwasher-safe grated racks for drying dishes. With all of these accessories, you can spend less time shuffling back and forth between workstations and more time making a

### **Pull-out drawers**

Ingredients and cooking utensils need to be quickly accessible to keep your true foodie genius going at full speed. Having to bend down or get on your hands and knees to find an ingredient in the back of the cupboard is a big road block. Pull-out drawers allow you to quickly find everything you need and get back to the project you're working on. You can quickly reach the pan that is located in the far back corner of the drawer to saute onions and garlic.

### Use the island space

Kitchen islands are great for providing home chefs with space. It can include an extra sink, the stovetop, garbage containers, extra storage shelves, and last — but not least — good counter workspace. When designing your island, allow it to become the space that does everything you've always said you wanted. For example, if you have two chefs in the house and are always jockeying for space in front of the sink, add a second prep sink to the island. If counter space is a premium, consider leaving it wide open, or putting the stove there so you have counter space by the sink or refrigerator available





# 4 ways to tap into the Nordic trend this year

(BPT) — Minimalist Nordic design is taking over the home décor scene in 2016. Scandinavian-inspired design principles, featuring white, simple color schemes and use of natural materials, provide attractive options for creating a balanced, beautiful home.

Ponte Vedra Recorder · January 21, 2016

The Nordic movement, which evokes the simple, minimalist homes of Denmark, Norway, Sweden, Iceland and Finland, is enjoying new popularity as Americans seek to balance work life with home life, and create spaces where they can unplug, unwind and relax.

### Start with a clean slate

Selecting the right hue of white paint on your walls can create the foundation for Nordic design. Take a cue from colors inspired by natural, fine-textured stone. For example, Alabaster (SW 7008), Sherwin-Williams 2016 Color of the Year, is a natural, flattering white suited especially for a harmonious atmosphere in bedrooms, bathrooms, living rooms and kitchens.

### Turn on the light

As in Nordic countries, the winter season's long, dark months create a craving for daylight and its positive impact on mood. During these months,

take advantage of the daylight you do have by letting window light shine in through a sheer curtain for an ethereal effect in your space.

When the sun goes down, create the effects of daylight in your home décor. Incorporate shiny and reflective elements, like a large beautiful mirror hung on the wall, to reflect your interior lighting and give the illusion of a more spacious atmosphere.

Use shiny metallic elements such as copper, the metal of the moment, in a living room lamp or for pendant lighting in a white kitchen. Hang paper lanterns in a bedroom to add movement and lighten up the space in a fun and interesting way.

### **Embrace natural tones**

Nordic design is all about using natural, live-well tones to create environments where we can feel serene. To achieve this look and feel, use earthy, natural materials, such as Carrera marble, to bring an element of sophistication to a countertop in a kitchen or bath.

Choose birch or maple wood grains for cabinets and furniture to add balance to lovely light stone grays and blush petal pinks, and create a refreshing, yet uncomplicated atmosphere.

### Get sharp with geometrics and details

Complex shapes, angles and patterns in vibrant colors are also present in Nordic décor. Use a boxy picture frame or multilevel open shelving units to offer symmetry and provide a focal point in your space.

In a home that celebrates simplicity,

there's always room for a bit of whimsy or a pop of color. Even small details can make a big statement: a zebra-striped pillow on a couch or bed; several multicolored candleholders lined up in a row on a dining room sideboard; or red-painted counter stools in a winter-white kitchen.



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# Secrets of experienced moms to save time, money and stress

(BPT) — The first time around, being a mom means learning a lot of new things and approaching each new stage with caution. The second time around, moms know sometimes you need to wing it and embrace the imperfections (and humor) of parenthood.

Through this experience, moms learn some amazing time-saving, stress-busting, mind-blowing parenting tricks. Want to know the best time-tested strategies? Here are eight genius hacks of those who have been around the mommy block a few times:

**Smart snack storage:** There's no need to buy expensive snack food containers for all the kiddo's goodies. When you're done with your coffee

creamer, simply remove labels, wash and fill with favorite dry snacks. These handy containers are a breeze to pop open and pour into bowls, plus the upright bottle maximizes space in cabinets.

**Cut car chaos:** If you have kids, you know all about car clutter, but this doesn't have to be your reality. A canvas shoe organizer in the back seat is a fantastic way to store toys and supplies. Next, eliminate spills and goo by placing silicone cupcake liners into cup holders. Finally, a tackle box is ideal for creating a food travel kit with various snacks in each compartment.

**Quick and easy diapering:** Experienced moms make diaper time

easier by using Luvs with NightLock. The new, larger refastenable stretch tabs make fastening Luvs diapers super quick and easy, plus moms can rest assured knowing baby's getting a secure, snug fit every time. Best yet: these high-quality features come at less cost than the premium brands. Parenting is full of stressful moments, so don't let diapering be one of them. Learn more at www.luvsdiapers.com.

Streamline grocery shopping: A trip to the grocery store doesn't have to be a disaster with kids in tow. First, eat before you shop. Empty tummies make for grumpy kids who want everything in sight. Next, to keep kids focused on the task at hand, let them be shopping assistants. Bigger kids can help get foods on your list (yay for grocery store scavenger hunts!) and little ones can assist by holding a small item safely and helping you spot foods from the cart (who sees a red apple for mommy?).

**Simplify dressing:** If you dread putting onesies over your baby's head, you can take a sigh of relief because there's an easier approach. Those layered shoulder tabs on onesies mean you can stretch the neck out and dress baby from the bottom up. When it's time to undress, simply pull down. No more wiggling, crabby baby.

### Streamline midnight feeding:

Don't lose precious Z's because it's

feeding time. Keep baby in "sleep zone" with little to no light and refrain from talking.

Light and mom's voice are extremely stimulating to baby. Another smart idea: change her diaper first so if she falls asleep while eating, you can lay her down and get back to bed quickly.

Inventive cold packs: From babies to toddlers to big kids, boo-boos are a fact of life. For little bumps, a mini-marshmallow pack is a fun way to make ouchies feel better. Mini marshmallows are lightweight, soft and hold the perfect amount of cold; all you have to do is place them in a plastic bag, seal and keep in the freezer.

**Keep small hands clean:** There's no need to strain your back holding your kid up so he can reach the sink to wash his hands. An empty shampoo bottle can easily transform into a handy faucet extender. Ditch the cap and cut a hole on the bottom to hook to the faucet. Secure on the spout and the water will extend out so it's within a child's reach.

Experienced moms know more, know better and know that clever tips and tricks can help save time and money. That means less stress plus more time and energy for creating lasting memories with the little loves of your life.



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# 4-step plan to make your day a little more efficient

(BPT) — Remember free time? You used to have so much of it. But these days, work and family obligations have you running around constantly and you don't know what to do first. You don't even have time to do everything you have to do, let alone what you want to do.

So how do you take back your day? How do you find the time to get things done and bring back some semblance of order? It is possible if you focus on making yourself more efficient. To help you accomplish all of your goals and find some free time as well, here are four ways you can improve your efficiency every single day.

- Make a plan. When you're running through your list of daily obligations the morning of, it's easy to forget a thing or two, especially if you have children running around, phones ringing or dogs barking to distract you. Instead, plan out the upcoming day the night before. Make a list of everything you have to do and check these items against one another. Can two trips be combined? Are you prioritizing the most important things first? The better you can plan out your schedule, the more organized you'll be the next
- · Get the news and information you need ASAP. You are bombarded by digital content every day



and some of it is really important — but who has time to sift through it all? To help you find the information you need as quickly as possible, Fresly LLC launched a new app, iNews Photo. Whether you are on the go, or gathering news in your office this application allows you access to global and local news curated in real time by former journalists directly to your mobile phone or on a larger

• **Set priorities.** You don't have time to do it all and maybe you don't have to. Sit down and make a list of every social or professional group and obligation you belong

to. Once you've made the list, look at it and ask yourself honestly how important this obligation is to you or your family. If you find the obligation is not essential, you're better off to abandon it and save your time for the responsibilities that are more important to you.

• Limit multitasking. Many people look to multitasking as an efficiency solution, but doing several things at once means it takes longer to accomplish any one task. And when the first task is completed, the result is often poorer because of it. Instead of trying to do several things at once, focus on the most important thing, accomplish it and move on.

With today's hectic schedules, finding the opportunity to do everything you're supposed to do may seem impossible. However, if you apply the four tips listed above, you'll improve your efficiency, stay up on the latest news and maybe even discover that elusive free time you sorely deserve.

To learn more about how the iNews Photo app can help you find all of the information you need when you need it, and to download the app at Play.Google.com or iTunes. Apple.com, using the following code OGV1015.

# Tips to organize your home office

(StatePoint) Whether you work full-time from home, or you simply have a space dedicated to paying bills and keeping your life in order, a home office should inspire productivity and happiness. After all, you'll do your best work if you actually want to spend time in your workspace. Here, four business bloggers share their tips for home office success.

### **Invest a few dollars**

"The easiest way to start feeling

more like a professional and less like an imposter is to invest in your home office," says Cassie Boorn, guest blogger for Handmade Success, and the woman behind Maker Mentors, a free community designed to help creative entrepreneurs build business. "But there's no need to spend thousands of dollars to create a great workspace.

It can be as simple as a quick trip

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### **Office**

to Staples and done with a budget as small as twenty-five dollars."

As your business evolves and grows, be willing to make changes to your workspace.

"The way I've been running my 'business' is from the perspective of a hustling freelancer. I was working

My new closet is so beautiful.

Tim's design solved all of my

storage issues.
- Stacy, Ponte Vedra

a lot but there was no method to the madness. I had no structure." says Vicky Ayala, brand strategist.

She recommends creating a workspace both at home and on-the-go that complements what you want your business to be, paying attention to details. In her case, she equipped herself with supplies that fit the way she works — a binding machine for customer handouts, a tablet and a briefcase that converts into a back-

"Sometimes it's the small things that help remind us of the bigger picture."

### **Keep goals in focus**

"Have your plan in plain sight for constant review and reminders. Without it, it's too easy to fall back into old routines and unproductive habits," says Lisa Jacobs, a marketing consultant to small businesses and the blogger behind Marketing Creativ-

Jacobs sets and tracks goals religiously by keeping a wall planner mounted in her home office. She used the copy and print services at Staples to bring her own planner calendar design into reality.

### The brass tacks

"One thing that I have learned about myself over the years is that I perform at my best when I have an environment free of clutter. That means no extra stuff on my desk, on my walls or in my office," says Andreea Ayers, the entrepreneur behind Launch Grow Joy, a business that helps entrepreneurs elevate sales.

To beat the clutter, Ayers advises sticking to your essentials and thinking about multipurpose equipment that saves space. Her short list includes a stackable desk tray to sort and contain files, and a laser printer/ scanner/copier that can do it all.

For ideas for making your home office more productive, and for time and money-saving business tips, visit www.Staples.com and follow the #MakeMoreHappen hashtag on social

If you are creating a home workspace for the first time or revamping your current office, you can craft your own success by focusing on the details.

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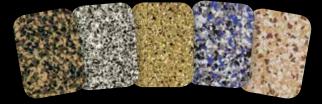


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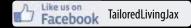
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### **SHORT TAKES**

### **PVWC Casino Night**

The Ponte Vedra Woman's Club will host a Mardi Gras-themed Casino Night benefiting Haven Horse Ranch on Sat., Feb. 20, 2016 from 6 to 9 p.m., to be held at the Christ Episcopal Church, 400 San Juan Dr., Ponte Vedra Beach.

Haven Horse Ranch was recently burglarized with about \$12,000 in equipment taken, which wasn't covered by the insurance company. Nearly 100 special needs children get help through interaction and therapy with the horses on this ranch and as many as 400 therapy sessions are now in jeopardy because of the cost to replace the equipment.

Tickets for this event will be \$50 per person in advance and \$55 at the door. Go to www.pontevedrawomansclub.com for more event details and to make your payment online through PayPal.

If mailing a check, make it payable to PVWC and mail to: Marcia Kennedy, 700 Ironwood Dr., #711, PVB, 32082.

### Jason Isbell to perform at the St. **Augustine Amphitheatre**

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

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

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

### **Matanzas Inlet Guided Walk**

On Monday, Feb. 1, from 9:00-10:30 a.m., enjoy a free GTM Research Reserve leisurely guided interpretive walk around the Matanzas Inlet, in partnership with the National Park Service. Explore the ever-changing shoreline, tidal flats, beaches, dunes and dune vegeta-

Your guide will explain the Inlet dynamics and movement of sand as the sea constantly rearranges the

Hikers are encouraged to bring cameras and binoculars to record and observe a variety of birds, plants and animals.

Meet your guide at the western parking lot on A1A, just north of the Inlet Bridge and the Town of Marineland. Please make reservations by calling (904) 823-4500 or go to https://gtmresearchreserveexplorations.eventbrite.com to reserve a spot online. The event is free.

### **Marineland GTM Beach Walk**

On Tuesday, Feb. 2, from 9:00-10:30 a.m., learn from a GTM Research Reserve interpretive guide where the restless sand comes from and where it's going in its refusal to just stay put.

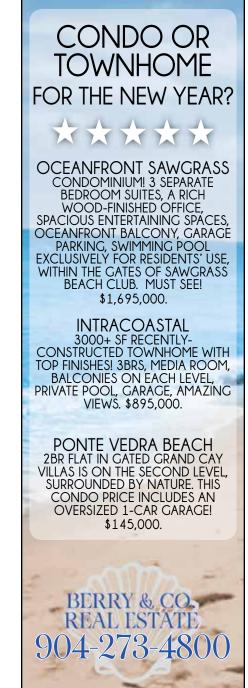
Ask why the sand is fine or coarse

and how it got its color.

Learn about coquina rocks, dune flowers, sea birds, shells and the humble gopher tortoise who digs deep burrows and comes out to dine on prickly pears along the dunes. Bring your camera for possible sightings.

Visit https://gtmresearchreserveexplorations.eventbrite.com to reserve a spot online.

Meet at GTM Marineland Office. The reserve is located at the southern end of Marineland on A1A (9741 Ocean Shore Blvd.). For more information, call (904) 823-4500 or visit www.gtmnerr.org. The event is free.







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### Thursday, Jan. 21

### **Adventures in the Arts**

Art historian, Diana Huston, will make a presentation on "Vienna 1900: Gustav Klimt and the Lady in Gold"Thursday, Jan. 21 from 2-3 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach. This free program is made possible by FOCUS Cummer and the Friends of the Library. For more information, call (904) 827-6950.

### The Colleen & Josh Show

The Ponte Vedra Concert Hall presents The Colleen & Josh Show Thursday, Jan. 21. Doors open at 6 p.m.; show starts at 7 p.m. VIP tickets, which include seats in the first seven rows, a pre-show meet & greet and VIP laminate, are \$75; \$35 for all remaining rows. The Concert Hall is located at 1050 A1A N., Ponte Vedra. For more information or to purchase tickets, visit the Ponte Vedra Concert Hall or St. Augustine Amphitheatre box offices or visit www.pvconcerthall.com.

### **Whistle Talk at the Beaches Museum**

Whistle Talk: "You Will Never Be Forgotten" is Thursday, Jan. 21 at 5:30 p.m. in the Dickinson Gallery at the Beaches Museum & History Park, 381 Beach Blvd., Jacksonville Beach. Captain John Mitchell, USN (Ret) of Naval Station Mayport when the USS Stark (FFG-31) was attacked on May 17, 1987, discusses events that followed from home front perspective. Whistle Talks are free for members with a suggested \$5 donation from non-members. For more information, call (904) 241-5657 or visit www.beachesmuseum.

### 'Cotton Alley' at Players by the Sea

"Cotton Alley" will be performed at Players by the Sea on select nights through Jan. 30. The Thursday through Saturday curtain is at 8 p.m., and the Sunday curtain (Jan. 24) is at 2 p.m. The theater is located at 106 Sixth St. N, Jacksonville Beach. For more information, call (904) 249-0289 or visit www.playersbythesea.org.

### **Live Music at Table 1**

Table 1 at 330 A1A N will host the Gary Starling Jazz Band live starting at 7:30 p.m.

### Friday, Jan. 22

### 'The Grapes of Wrath'

Limelight Theatre presents, "The Grapes of Wrath," Jan. 22 through Feb. 14 with a special preview Friday, Thursday, Jan. 21. Showtimes are at 7:30 p.m. Thursday through Saturday and 2 p.m. Sunday. Limelight Theatre is located at 11 Old Mission Ave., St. Augustine. For more information, call (904) 825-1164 or visit www. limelight-theatre.org.

### Intro to Volunteering at Haven Hospice

On Jan. 22 from 3 p.m. – 4 p.m., Haven Hospice will host an event for interested new volunteers at 8301 Cypress Plaza Dr. Suite #119 Jacksonville. There are many ways in which your skills and smile can make a difference through volunteering. Explore all the possibilities including patient support, administrative support. Call Carol Waters (904) 733-9818 for more information. To apply online, go to www.HavenHospice. org/volunteer

### MOSH \$5 Fridays

Every Friday, come to MOSH to enjoy \$5 admission and extended hours. The museum will be open late every Friday until 8 p.m. (Note: Additional discounts or coupons are not permitted.)

### The Hot Sardines

The Jacksonville Symphony Orchestra presents special guests, The Hot Sardines, Friday, Jan. 22 at 8 p.m. at the Times-Union Center for the Performing Arts, 300 Water St., Jacksonville. "Vanity Fair Magazine" says, "The Sardines have a fast-paced act that combines jazz and old-fashioned showbiz." If you like jazz, you'll love the Hot Sardines and the Symphony. For more information, visit www.jaxsymphony.org.

### 'Honkey Tonk Angels' at The Alhambra

Alhambra Theatre & Dining presents "Honkey Tonk Angels" Jan. 5 through Feb. 7. Hear 31 of your favorite songs performed including, "Stand by Your Man," "Coal Miner's Daughter" and "Harper Valley PTA." The theatre is located at 12000 Beach Blvd., Jacksonville. For more information or to purchase tickets, call (904) 641-1212 or visit www.alhambrajax.com.

### Saturday, Jan. 23

Katz 4 Keeps Adoptions/ Open House

Katz 4 Keeps is having an adoption event/open house on Saturday, Jan. 23 and Sunday, Jan. 24 from 11 a.m.-3 p.m. at Katz 4 Keeps, 935B A1A N. in Ponte Vedra Beach (next to Sherwin Williams). For more information, call (904) 834-

### 'Love, Loss & What I Wore'

3223 or email katz4keeps.com.

A Classic Theatre presents, "Love, Loss & What I Wore," Saturday, Jan. 23 at 7:30 p.m. and Sunday, Jan. 24 at 2 p.m. in the Gamache-Koger Theater in the Flagler College Ringhaver Student Center, 50 Sevilla St., St. Augustine. The play, by Nora and Delia Ephron is based on the book by Ilene Beckerman and is directed by Anne Kraft. Tickets are \$25. For more information or to purchase tickets, call (904) 501-5093, email aclassictheatre@hotmail.com or visit www. aclassictheatre.org.

### **The Polish Baltic Philharmonic**

EMMA Concert Association and Flagler College present The Polish Baltic Philharmonic with pianist Marcin Koziak performing Chopin Piano Concert No. 2 on Saturday, Jan. 23 at 7:30 p.m. The performance will take place in the Lewis Auditorium at Flagler College, 74 King St., St. Augustine. Tickets are \$40; \$5 for children and students with ID. Tickets are available at www. emmaconcerts.com or at the Box Office which opens one hour before the performance.

### The M\*A\*S\*H Gala

St. Augustine Florida-based Ayla's Acres No-Kill Animal Rescue will present The M\*A\*S\*H Gala: A Benefit for Ayla's Acres No-Kill Animal Rescue on Sat., Jan. 23 from 6-10 p.m. at The TPC Sawgrass Clubhouse in Ponte Vedra. The event will be emceed by actor Ed Asner and features a reunion of cast members from the award-winning television series M\*A\*S\*H. For more information, email hampton@aylasacres.org or call (904) 671-5506.

### FWA Ponte Vedra Writer's meeting

This month's meeting of the FWA Ponte Vedra Writers, Sat., Jan. 23 at 10:30 a.m. at the Ponte Vedra Library. All meetings are open to members and non-members alike. For more information on FWA visit www.floridawriters.net.

### Sunday, Jan. 24

### Florida Chamber Music Project concert

Florida Chamber Music Project presents David Bruce & Mozart Sunday, Jan. 24 at the Ponte Vedra Concert Hall, 1050 A1A N., Ponte Vedra. This is the third concert of the Florida Chamber Music Project's third season featuring music from David Bruce and Mozart! David Bruce's "Gumboots" and Mozart's Clarinet Quintet featuring Peter Wright on clarinet will be performed. General admission tickets are \$23. Doors open at 2 p.m.; show starts at 3 p.m. For more information or to purchase tickets, visit www.flchambermusic.org.

### **Collection Tour**

Join the Cummer Museum of Art and Gardens us on Sundays for a guided tour of our permanent collection. The tour is free with the cost of admission. The museum is located at 829 Riverside Ave., Jacksonville.

### **Depression Support Group**

A Depression/Bipolar Support Group meets Sundays from 6-8 p.m. in the Azalea Room at Baptist Beaches Medical Center, South, 14550 Old St. Augustine Rd., Jacksonville. The support group is free and open to the public. For more information, call (770) 403-4991 or email whitneybat76@gmail.com. The group is facilitated by: Georgia State Certified Peer Specialist.

### **Practice with Purpose at Big Fish Yoga**

Practice with Purpose is an all-level yoga class offered on Sundays from 4-5 p.m. at Big Fish Power Yoga. The fee for the class is a \$5 cash donation that goes to the charity that Big Fish Power Yoga has selected for the quarter. Big Fish Yoga has relocated to the South Beach Regional Shopping Center in Jacksonville Beach at 3852 South 3rd St. For more info. call (904) 372-0601.

### **Annual Activity Member**

Become an Annual Activity Member at The Players Community Senior Center! There are so many reasons to become a member: discounts on fee-based classes, designated events and Coastal Travel, complimentary participation in a wide variety of scheduled activities, to name a few! Call Darlene Mahany at 280-3233 for all the details.

# Let's get social!

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# FREE ADS!

The Recorder is now offering all Garage/Yard Sale & Lost/Found Classified ads at no charge to you!

Free ads are up to 4 lines. Additional lines may be purchased. Deadline is Monday by 3PM to be in following Thursday Publication.

Contact Us Today!

Recorder

aprils@opcfla.com at 904-686-3937

### Monday, Jan. 25

### **Boating Safety Class**

A boating safety class is being offered at the Southeast Branch Library Monday, Jan. 25 from 5-7:45 p.m. Are you ever a passenger on a boat? Would you know what to do if an emergency arose and the captain was incapacitated? This three-hour boating safety primer will prepare those who are not typically at the helm. Learn general non-certification basics at this free program provided by members of the United States Coast Guard Auxiliary. Call the library at (904) 827-6900 to reserve a seat. The library is located at 6670 US 1 S., St. Augustine.

### **Caregiver Support Group**

The Players Caregiver Support Group meets every Monday 12:00-1:00 p.m. at The Players Senior Center, 175 Landrum Lane in Ponte Vedra Beach. Kimberly Weir of Heartland Hospice facilitates a weekly discussion of current concerns and issues of caregivers. It is a great opportunity for caregivers to share resources and ideas. For more information, call (904) 280-3233.

### **Life Enrichment Group**

The Life Enrichment Group is a program designed for those with memory changes who like to stay active mentally, physically and socially while allowing caregivers and loved ones some free time for themselves. This program is offered weekdays from 9 a.m.-2 p.m. at Ashford Court, 1700 The Greens Way in Jacksonville Beach. For more information, call (904) 568-8174, or email life\_enrichmentgroup@yahoo.com

### **Travel Training Program**

The Council on Aging announces a Travel Training program designed to assist seniors in learning to ride the Sunshine Bus. If you are curious about expanding your transportation options or you would like to increase your confidence as a bus rider, let one of our trained volunteers assist you in navigating routes, reading time tables and making transfers. If you are interested, please contact the Mobility Manager at the Council on Aging, (904) 315-6505, or email Katie Arnold at karnold@stjohnscoa.com.

### Tuesday, Jan. 26

### **Ponte Vedra Beach Library Book Club**

The next meeting of the Ponte Vedra Beach Library Book Club is Tuesday, Jan. 26 from 3-4 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach. The book that will be discussed is "Rosemary: The Hidden Kennedy Daughter" by Kate Clifford Larson. Everyone is welcome. For further information, please contact the Reference Department at (904) 827-6950 or visit the Library's Reference Desk

### **Dr. Gerson Yessin Music Series concert**

This month's music program features the University of North Florida Chamber Singers led by Cara Tasher. The concert will take place Tuesday, Jan. 26 at 6:30 p.m. at the Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach. Everyone is welcome and it's free. Doors open at 6 p.m.; seating is limited. This program is made possible by the Friends of the Library. For more information, call (904) 827-6950 or visit www.sjcpls.org.

### **Sunset Rotary Club weekly meeting**

The Rotary Club of Ponte Vedra Beach Sunset meets Tuesdays from 6-7:15 p.m. at the Hilton Garden Inn. Community leaders are welcome to attend. For more information, call Club President Ron Mott at (904) 460-7092 or email HOJRON@aol.com.

### **Palm Valley Farmers Market**

The Palm Valley Farmers Market takes place every Tuesday from 1:30-5:30 p.m. at the Palm Valley Community Center, 148 Canal Blvd. in Ponte Vedra Beach.

### **Habitat for Humanity volunteers**

Habitat for Humanity of St. Augustine/St. Johns County is currently seeking qualified homeowners. Habitat does not give away homes for free. Instead, homeowners pay an affordable monthly mortgage payment and we help build them a simple, decent place to live. If you know someone who might benefit from Habitat homeownership, please refer them to our website. To find out more about how you can donate, volunteer, or qualify visit habitatst johns.org.

### Wednesday, Jan. 27

### **Ritz Chamber Players concert**

On Wednesday, Jan. 27 at 6:30 p.m., the renowned Ritz Chamber Players will once again take the stage at the historic Beaches Museum Chapel. The Ritz Chamber Players program will feature the celebrated works of both living African-American composers and great works of the Chamber Music repertoire. Tickets to the concert are free but should be reserved in advance at www.beachesmuseum.org or by calling (904) 241-5657.

### **Graham Nash at the PV Concert Hall**

The Ponte Vedra Concert Hall presents Graham Nash Wednesday, Jan. 27. Doors open at 6:30 p.m.; show starts at 7:30 p.m. Tickets are \$99.50 for the first four rows, \$69.50 for rows five through 10 and \$49.50 for all remaining rows. The Concert Hall is located at 1050 A1A N., Ponte Vedra. For more information or to purchase tickets, visit the Ponte Vedra Concert Hall or St. Augustine Amphitheatre box offices or visit www.pvconcerthall.com.

### **Chamber After Hours event**

The St. Johns County Chamber of Commerce Ponte Vedra Beach Division is having a Chamber After Hours event Wednesday, Jan. 27 from 5:30-7 p.m. at Dance Alday Studio, 820 A1A N., Suite E17. For more information or to register for the event, visit www.stjohnscountychamber. com.

### **PV Professionals Networking Group**

The Ponte Vedra Professionals Networking Group meets every Wednesday from noon-1 p.m. at Mulligans, 43 PGA Tour Blvd. in Ponte Vedra Beach. For more information, call Gloria at (904) 635-6103, visit www.pvpng.com, or email pontevedrapng@gmail.com.

### **Ponte Vedra Toastmasters**

The Ponte Vedra Toastmasters Club offers opportunities for developing your leadership and communication skills. Join us on Wednesdays at The PLAYERS Community Center at 175 Landrum Lane. The meeting starts promptly at 7:30 a.m. and lasts one hour. Want to know more? Contact Lucy Reep at 904-607-3695 or contact-5199@toastmastersclubs.org

### Talk with a Doc: Thyroid

Talk with a Doc: "What's your thyroid trying to tell you?" is Thursday, Jan. 28 at noon at the Y Healthy Living Center at the Ponte Vedra YMCA, 170 Landrum Lane, Ponte Vedra Beach. Dr. Malhotra will be explaining what the role of the thyroid is, different conditions that can affect it, and screening and treatment options available. Seating is limited, so reserve your space today at baptistjax.com/ymca or by calling (904)

Thursday, Jan. 28

### Ana Popovic at the PV Concert Hall

The Ponte Vedra Concert Hall welcomes the return of critically-acclaimed international blues guitarist and singer Ana Popovic on Thursday, Jan. 28. Tickets are \$28 for advance reserved seats; \$32 day of show. Doors open at 7 p.m.; show starts at 8 p.m. The Concert Hall is located at 1050 A1A N., Ponte Vedra. For more information or to purchase tickets, visit the Ponte Vedra Concert Hall or St. Augustine Amphitheatre box offices or visit www.pvconcerthall.com.

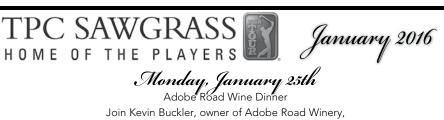
### Arbor Terrace Life Enrichment Group

The Life Enrichment Group Day Program takes place every Tuesday and Thursday from 9 a.m.-2 p.m. at Arbor Terrace Ponte Vedra, 5125 Palm Valley Road, Ponte Vedra Beach. The group is designed for those with memory changes who would like to stay active mentally, physically and socially. For more information, call (904) 497-4346 or visit www.at-pontevedra.com.

### For The Love of Driving

Volunteer drivers are needed to assist seniors in achieving their mobility goals in St. Johns County. Transportation needs range from trips to the grocery store and classes to spousal hospital visits or social activities. If you are interested, please contact the Mobility Manager at the Council on Aging, 904-315-6505, or email Katie Arnold at karnold@stjohnscoa.com.

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 carrie@opcfla.com, post online at www.pontevedrarecorder.com using the



for his 5th wine dinner in the Champions Dining Room.
6:30 - 9:00 PM \$125.00++

Zuesday, January 26th Trivia Night

Bring your friends & test your knowledge onour challenging trivia questions.

NINETEEN will host Trivia the 4th Tuesday of every month.

6:00 - 8:00 PM

Tuesday, February 2nd Wine Class and Tasting

Featuring Pinot Noir 6:00 - 7:30 PM \$20.00++

For complete information on our dining and social events, visit our website at http://www.tpc.com/sawgrass-dining.

For more information or to make a reservation in NINETEEN or for a Social Event, please contact the dining room at 904.273.3238..



# Nocatee Happenings: The latest news from Nocatee

# Vintage cars highlighted at Nocatee Farmers Market: Cruisin' Car Show

Over 100 specialty cars, hot rods and classic cars revved up their engines and rolled onto Farmers Market Field for the Nocatee Farmers Market Cruisin' Car Show Saturday, Jan. 16. The event featured a classic car show by Jacksonville-based car enthusiast group, the Sunshine State Chevelles. Volunteers with Chet's Creek Church provided free face painting and crafts for children. The Nocatee Farmers Market takes place on the third Saturday of every month from 10 a.m.-2 p.m. at Farmers Market Field, 100 Marketside Ave., Ponte Vedra. In addition to special monthly themes, the farmers

market features over 80 local vendors offering a wide variety of items, including food, crafts, jewelry and more.

For more information, visit www.

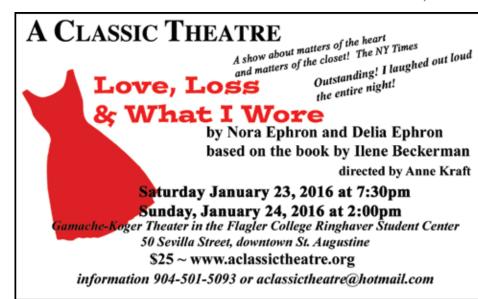








Photos by Susan Griffin





# A Texan moves to Florida

### **Bonnie Talley**

Quilt Lady

Jeepers, it's been nearly 25 years since I moved as a bride from Texas to Florida! Amazing how time flies when you're having great fun! It was a very cold day in January, actually Jan. 14, when I first set eyes on Florida.

Someone named Mr. Whoozy had told me about the most wonderful place on earth: Ponte Vedra Beach, FL.

We drove into town from Texas and stopped at the Sawgrass Shopping Center to call to see if our accommodations were ready for us. While Mr. W. went in to call, I got out of the car and strolled over to the lagoon just off A1A. I was tickled when I saw a sign that read, "Do not feed the alligators." I thought that was hilarious as I was sure that there were no alligators in that water. Oh, my, was I surprised when one popped his head out of the water right out in front of me! This was something that Mr. W. had failed to tell me about.

After finding our condo that we had leased, we settled in for a nice stay in the 'sunshine center of the

I hate to tell you, but it rained the next 8 weeks, almost continually. Mr. W. was in hog-heaven, however. Golf every day, rain or shine. I was surprised that golf took him away from me at least 5 to 6 hours.

Needless to say, I knew absolutely nothing about golf.

Being a newlywed, I knew that I had to find something to keep me busy during those golfing hours. I searched the phone book for a quilt guild, but found

I did find a fabric store up in Jacksonville Beach and



Photo by Bonnie Talley

Pictured is Alice Kirkpatrick with her latest quilt.

bought lots of Valentine's Day fabric to decorate tee shirts for my new extended family. Mr. W. had given me a beautiful new Bernina sewing machine for a wedding present; now that is what one calls a great gift for an avid quilter.

After a couple of months, we moved into a home in Sawgrass. The first day I went out for a walk, I came across a lady putting boxes out at the curb.

I said, "Are you moving in or moving out?" She answered that she was moving in. My next question was, "Do you quilt?" Her answer was, "No, but I would like to learn." I said, "I'll teach you." And, I did. She is still an avid quilter and a dear friend.

She and I decided to try to find a quilt guild. There was one called Coastal Quilters Guild up in Atlantic Beach that is still going strong in 2016.

It met in the evening and was a nice group; but, it was a long way up there in the evening. We really didn't like going that far from home and coming home that late at night. We finally just kept ourselves busy with quilting and doing our own thing.

That summer, up in the mountains, I started a quilting group. It is still flourishing. Upon returning from up north, we decided to buy a home in The Plantation.

I asked the manager at The Plantation if I could start a quilting group that would meet every week in the dining room. He said, "Of course!" That group is now called the Stitchery Guild and is still meeting every

In 2003, I exhibited many of my quilts at the Cultural Center of Ponte Vedra.

I put a sign-up sheet by the guest list for anyone interested in being in a Quilting Guild that would meet in Ponte Vedra. We got about 10 people to start. We met

I named our group Ocean Wave Quilters Guild and asked Emily Cole to be our first president. This is the same group that you have read about that makes many hospice quilts and heart pillows for the Hospice Centers of Northeast Florida. I am so proud of this group.

Anyone moving into the beaches area is welcome to join this Guild. We meet at The Players Community Center on Landrum Ln., off CR-210 behind the Shell station, the second Friday of every month, at 10:00-

# You did what with your investment portfolio?

As of this writing (Friday, Jan. 15) the stock market, measured by the S&P 500 is down 530 points for the day and over 8% already in 2016. Ouch! If you have money in the stock market, I understand your concern, disappointment, and frustration. However, I argue that this is not a time to give in. Instead, we must dig in. Staying focused and disciplined despite the dayto-day distractions of the market is never



**Harry Pappas** 

easy, especially during periods of economic uncertainty. Nevertheless. while the dates may change, the doom and gloom headlines pretty much stay the same, as the stock market is a real game that plays

out in the arena of fear and greed, which regrettably makes smart people do dumb things with their money!

Have you ever heard the gut wrenching words "You did what"? If so, wel-

come to the IIC (Irrational Investors Club). Irrespective of the overwhelming evidence that supports the notion that

investors repeatedly make foolish decisions, most of us continue to act illogically when faced with greed and fear. Yep, we

are our worst enemy when it pertains to

PAPPAS continues on Page 35





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# Consider fun present ideas that help kids learn

(StatePoint) — One of the best ways to motivate kids to learn is by making it fun, and birthdays are the perfect opportunity to equip the kids in your life with gifts that are equal parts entertaining and educational.

For some great gift ideas that turn what could be a chore into a good time, consider the following:

### Watch it grow

Whether you do it yourself or opt for a store-bought kit, a terrarium offers children a hands-on lesson in horticulture, biology, earth science and responsibility. Terrariums, which make great gifts, can be used to grow beautiful plants and flowers, or edible herbs for the kitchen.

Pair this gift with books about nature and gardening and you may inspire a green thumb for life.

### **Smart gaming**

Kids will always want to play video games, so why not allow them to

**LEARNING** continues on **Page 32** 





A Large Continuous Trampoline Field • Olympic Size Foam Pits

Dodgeball Stadium • A Flying Trapeze Bar • Hi-Wire Slack Lines

Arcade • Ninja Warrior Obstacle Course

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# St. Augustine Times

**VOLUME XXI, NO. 22** 

ST. AUGUSTINE, FL., THURSDAY, JANUARY 21, 2016

EST. 1265

# It is Official, The Pirate Ship Black Raven offers the Best Birthday Party

# Unanimously Voted by the out the bay. A sea battle is anticipated and the new Florida Birthday Council

No other attraction can live up to this exhilarating and unique pirate adventure. A treasure hunt, not with one pirate ship but with two, the Black Raven and the Queen Anne's Revenge.

This cruise starts off

with Blackbeard dashing on board the Black Raven, stealing the treasure and sword fight his way out of the chaos he just created.

The crew of Black Raven quickly decides to set sail and chase him down crew needs to be trained in sword fighting. All the kids on-board are called to duty. They need to quickly be battle ready.

Pretty soon, Blackbeard's ship, the Queen Anne's Revenge will be spotted. She is flying her red battle flag signaling "No Quarter Given, No Mercy Shown".

After a successful sea battle with cannon fire, broadsiding and sword fights, Black Raven's crew will win the battle and the commandeered booty will be shared among the young crew.

Let your child become a Pirate for the day and celebrate his/her birthday on-board this unique Spanish Galleon. To say the least, Black Raven's Birthday adventure can't be matched. Period. Nobody can match it, N-O-B-O-D-Y. It is just pure fun for the whole family.







The two pirate ships, Black Raven and the Queen Anne's Revenge is taking the old fashion birthday party to a whole new level. Our Birthday Adventure is an electrifying, full blown live and interactive Pirate Adventure that nobody can match, NOBODY, not even "Orlando".

The voyage is action filled from start to finish, a surprise attack by the Crew of Queen Anne's Revenge, sword fights between the crews, sword training for the kids, face painting, games, sea battle between the ships, cannon firing, booty sharing, cake time and, of course, the mandatory Happy Birthday Song.

Meet our Birthday Hostess, Jennifer Rice. She will greet you already in the store but you will also meet her on the ship where she will serve the cupcakes and





A Treasure Chest full of Gifts is handed over to a Birthday Child

We offer CO that includes

We offer COMPLETE BIRTHDAY PACKAGES that includes group prices, gifts, cupcakes, beverages, Blackbeard's special delivery of the Birthday Chest full of Gifts and more. The Birthday Voyage leaves every Saturday at 11:00 am from the Municipal Marina in downtown St. Augustine. Reservation required. Please visit our web site for more information and our NEW BIRTHDAY VIDEO: www.PirateShipBlackRaven.com

Ph: 877.578.5050

# Technology puts a twist on classic toys

(StatePoint) — As more technologies enter the market that are durable, affordable and designed specifically for kids, playtime has been revolutionized. New twists to classic playroom staples are helping foster independent play, motor skills, imagination and language development.

Luckily, kids are totally on board, with 72 million reporting they want smart toys, according to recent research conducted by Interpret.

Robots may be the wave of the future, but toys hitting shelves now are already taking their inspiration from technological advances and trends. Here are a few toys to consider:

### **Interactive dolls**

These are not the baby dolls you may remember from your own childhood. The old standard has evolved into new high-tech, interactive dolls that engage children and can help them reach their developmental milestones.

For example, the more little ones talk to the Baby Amaze Learn to Talk & Read Baby Doll by VTech, the more words and phrases the doll will learn and repeat. Parents and children can also read from the three included books featuring more than 70 words to help



expand basic vocabulary. This baby doll encourages nurturing role play by asking for her pacifier, bottle and more. When kids press the buttons and put the bottle or pacifier in her mouth, they will be able to explore fun interactive activities such as talking, reading, caring and music.

For reactions and interactive play, hide and uncover the eyes of the Peek & Learn Doll, which helps children learn body parts, counting and nurturing concepts. The doll also plays a variety of familiar melodies and includes a baby bottle.

### **High-tech pretend**

Technology advancements have already brought parents baby gear like onesies with built-in sensors and baby monitors with smartphone capabilities. Now kids caring for their baby dolls can mimic this trend with new tech features in accompanying gear.

Check out VTech's Baby Amaze 3-in-1 Care & Learn Stroller, which has a smart sensor that recognizes when it's being moved and plays sing-along songs about letters, colors, places and animals.

Transform the stroller into a high chair to hear baby care reminders that introduce nurturing concepts and healthy habits while children pretend to feed the doll. Turn the book's pages on the tray to learn about different foods and nutrition. Convert the high chair into a bassinet and the doll will fall asleep while listening to classic nursery rhymes and lullabies. It includes piano keys that introduce numbers and counting, and plays piano sounds in music mode. More information can be found at vtechkids. com/babyamaze.

For parents who want more from their child's playtime, consider taking tech features into account at the toy store. You can maximize learning and fun at the same time.



# Sweeten celebrations with s'mores all year long

(StatePoint) — Whether you're hosting a big party for friends or it's a movie night in with the family, you can sweeten the fun with an iconic treat that can be enjoyed any time of year.

Consider going beyond the Classic S'mores recipe that family and friends have been enjoying for decades. HER-SHEY'S is offering some great twists to the classic snack.

### Be the life of the party

Hosting a party? S'mores Pops bring to life all of the elements of the traditional recipe in a newly imagined treat.

Things you'll need:

- 2 HERSHEY'S Milk Chocolate Bars
- 1 tsp. shortening
- 12 marshmallows

- 1/4 cup graham cracker crumbs
- 12 lollipop sticks
- Parchment paper

How to make:

- Line cookie sheet or tray with parchment paper. Remove wrappers from chocolate bars; break into pieces.
- Place chocolate and shortening in small microwave-safe bowl. Microwave for 1 minute; stir. If necessary, microwave for an additional 10 seconds at a time, stirring after each heating, until chocolate is melted and mixture is smooth when stirred.
- Dip about 1/2 of each marshmallow into melted chocolate; shake off excess chocolate. Immediately sprinkle chocolate portion with graham cracker crumbs or dip for heavier coating. Place uncoated

side on prepared sheet. Push lollipop stick through top of chocolate about halfway into marshmallow. Repeat procedure with remaining marshmallows.

• Refrigerate for about 5 minutes or until firm. Store in cool, dry place.

Makes 12 treats.

### **Curl up on the Couch**

Make movie night complete with a S'mores sundae or sweet S'mores Snack Mix. Packed with flavors inspired by the classic recipe, this snack will have everyone saying, "Gimme some more!"

Things you'll need:

• 3 HERSHEY'S Milk Chocolate Bars

S'MORES continues on Page 33

### Learning

Continued from 30

learn while playing? Check out VTech's InnoTV, an educational TV-connected gaming system designed with preschoolers in mind. It features an easy-to-use kid-friendly wireless controller and learning games for ages 3-8 that introduce language arts, science, technology, engineering and math concepts and more. InnoTV also offers access to a huge educator-supported library of additional games on VTech's Learning Lodge app store, as well as compatibility with a variety of InnoTab MAX cartridges.

"The family gaming console has found a welcome

place in many family rooms for good reason," says Dr. Eric Klopfer, VTech Expert Panel member and Platform Learning Expert. "The console connected to the TV provides an interactive focal point for family gaming."

InnoTV comes with single-player, age-appropriate educational games (many aligned with Common Core curriculum standards), and allows for multiple players — providing opportunities for social play, which is important for preschoolers learning to share, cooperate and take turns.

To learn more, visit www.vtechkids.com/InnoTV.

### Make music

Many children wish to explore the world of music,

but unfortunately, their schools may not offer the exact programs they are looking for. You can nurture musical talent and interest at home with thoughtful birthday gifts, however. If your child is indecisive, consider a temporary rental of his or her instrument of choice and a starter pack of just a few lessons.

### **Kid-sized science**

Bourgeoning scientists will love making their own observations and discoveries.

Luckily, kids-size scientific apparatus are available for those just beginning to explore everything from cells of plants to the cosmos. Telescopes and microscopes designed with kids in mind can help young ones develop the skills needed to succeed in science.

# Attraction based on popular concept opens tomorrow

### The Great Escape Room challenges teams to solve clues in order to 'escape' a locked room

### **Carrie Resch**

The Recorder

Are you ready to make your great

You have 60 minutes. The clock is ticking. Can you and your teammates solve the clues to make it out in time?

Escape rooms are cropping up across the nation, a new craze based on a concept that first started in Japan.

I first tried the escape room concept at a competitor's escape room attraction in November. I was in Orlando on a girls' weekend getaway with my two sisters, our mother and my 11-year-old niece. I first learned of the concept on

Groupon. After a little bit of convincing and answering the "what is it again?" question a couple of times, we all agreed to give it a go, and ended up enjoying ourselves so much, we went back the very next day to try a different room.

The decision to go for a second day was orchestrated by my niece, who was a bit apprehensive about going in the first place! In fact, she had so much fun, she had planned to have her February birthday party there — that was, until we found out that Jacksonville was getting its very own escape room.

The Great Escape Room opens in

Jacksonville Friday, Jan. 22. The Jacksonville location, which is situated near Beach Boulevard and I-295, will be the fourth Florida TGER location. Other locations include Orlando, Miami and Tampa, as well as, locations in five other states.

Groups of up to 12 people are locked in a themed room staged with hidden compartments and secret passageways. The group has to work together to solve the clues and try to make it out in under an hour — bragging rights are at stake! Only about 20 percent of the groups who attempt the escape manage to make it out in time, according to TGER.

Full disclosure of my experience? The clues were tough, and we needed a couple of hints in order to make it out in time. It was extremely fun though — to lose yourself in a room

for an hour, challenging your brain and feeling the adrenaline pumping! Plus, there's the whole bonding experience you get with your team, which is why this concept makes the perfect candidate for team building or private

A soft opening will take place Jan. 22-31 with a special promotional rate of \$10 (per person) tickets.

For groups to have exclusive use of the room, a minimum of 10 tickets must be purchased at one time. Online booking is available. Unaccompanied minors need to bring a waiver signed by a parent or guardian. The waiver can be download online.

TGER is located at 11651 Central Parkway, Jacksonville. For more information, call (904) 203-8358 or visit www.thegreatescaperoom.com/jack-

### S'mores

- · 4 full-size graham cracker sheets
  - 2 tbsp. butter or margarine
  - 2 tsp. sugar
  - 1 tsp. ground cinnamon
- 1 cup cinnamon graham
- 1 cup miniature marshmal-
  - 1/2 cup peanuts

How to make:

- Heat oven to 350 degrees F. Line cookie sheet with foil. Lightly spray foil with vegetable cooking spray. Break graham crackers into 1/2 to 1 inch pieces; spread on prepared cookie sheet.
- Place butter in small microwave-safe bowl. Heat in microwave for 30 seconds. Add sugar and cinnamon stir until butter is melted and mixture is blended. Drizzle over graham cracker pieces.
- Bake in oven for 10 minutes; gently stir or turn over pieces. Bake for additional 10 minutes; remove from oven. Cool completely on cookie sheet.
- Remove wrappers from chocolate; break into sections. Toss graham cracker pieces with chocolate bar pieces, cinnamon graham cereal, marshmallows and peanuts. Store in cool, dry

Makes about 4 cups mix.

For more inspiration, ideas and S'mores recipe variations, visit www.CelebrateWithHersheys.com.

# Great books to give as gifts

(StatePoint) — Gift trends come and go, but books are a perennial classic. And the volumes that make the best gifts feature stunning visuals and welldesigned content that educates while it entertains.

Here are six titles for birthdays, housewarmings, and other special occasions:

### Nature lovers

For a journey through scenic and rich animal habitats, give "Wildlife of the World.

Portrait-style photography brings you "face to face" with individual animals, from the shaggy musk ox foraging in the Canadian high arctic, to the rock-climbing gelada monkey of Ethiopia. Engrossing profiles narrate how they interact with their environments, mate, survive, and even play. Produced in association with the Smithsonian Institution, the book also features an 80-page illustrated reference section on the animal kingdom.

### **Theater-goers**

Gift the complete history of the musical with "Musicals: The Definitive Illustrated Story." This behind-thescenes tour of the best-loved musicals uses rich photography, memorabilia, and behind-the-scenes gossip to tell the story of more than 140 notable stage and film productions and their creators.

### **Star Wars enthusiasts**

Wacky trivia await readers of "Star Wars: Absolutely Everything You Need to Know," from who cleans the



floors of the Death Stars and what takes 1,000 years to digest its victims. From movie-making trivia to quirky facts you never knew, this guide will excite new and old fans alike of Star Wars Rebels. Star Wars: The Clone Wars and the Star Wars movies I-VI.

### Superhero fans

For the most comprehensive single volume published on the subject,

"Marvel's The Avengers Encyclopedia," details the genesis of the team and explores the powers of more than 250 characters and 40 teams and lineups, including fan-favorites such as Captain America and Black Widow. Packed with fantastic comic book art, this title is a must-have guide to Earth's Mightiest Heroes.

### **Budding creators**

Unlock the secrets of LEGO building in this all-new book based off the popular LEGO Ideas series.

"LEGO Awesome Ideas" shows fans how to create their own world with LEGO bricks by providing stepby-step visual breakdowns of new models and offering alternative ways to build them, brick by brick.

With unquee model ideas and expert tips and techniques, "LEGO Awesome Ideas" will inspire anyone, from beginners to accomplished builders.

Award-winning artist David Macaulay introduces readers to Sloth and his sidekick Sengi as they try to find their way out of the zoo with the help of machines.

Their efforts are brought to life in "How Machines Work: Zoo Break!" Through models and illustrations, as well as novelty elements including pop-ups, pull-outs, and lift-the-flaps, readers can explore how and why machines work.

For a classic gift that will never go out of fashion, consider giving an interesting and engaging book. New beautifully designed titles are available for everyone on your list.

# Resilience: The art of bouncing back

Whether you have recently divorced, lost a loved one, lost your job or your self-esteem — how do you recover from loss, failure, rejection or adversity? Some people are facing a medical crisis; others have lost a dream; still others have lost their house, or their savings. Regardless of the disappointments and misfortunes that have befallen you, how do you bounce back from setbacks, disillusionments, accidents and/or traumas?

Resilience is the art of bouncing back. Bouncing back sometimes means you have to redefine yourself, your goals for the future and your self-image. Being resilient asks of you to:

• Be courageous, and face your ordeals without losing your spirit. Resist the temptation to give up, and don't permit yourself to become embittered,



**Neil Rosenthal** 

jaded, angry or hopeless. Look for the silver lining in your disappointments. Sometimes finding a silver lining keeps you from going into despair.

• Create new, more realistic goals. Disengage from goals that are no

longer relevant, and instead set your sights on new visions for your future that are obtainable. Rebuild your dreams instead of giving up on having dreams.

• View mistakes or setbacks as learning opportunities. Your mistakes are your teachers, plain and simple. Learn from your mistakes so you don't wind

up repeating them. And there are opportunities in adversity, loss and misfortune. Franklin Roosevelt, as an example, emerged compelling and powerful after he was diagnosed with polio.

- Keep your eye on the big picture. Look at things in perspective and develop a sense of proportion about what's truly important. In this regard, adversity can be a gift, keeping you focused on what you can do instead of what you can't control.
- Take good physical care of yourself. Eat healthy, exercise, go for therapy or medical checkups, get a massage, do yoga and do other self-care activities.
- Be in charge of your anguished emotions, so you don't alienate other people by taking out your hurt, anger or unhappiness on them.

- Stay aware of the good things in your life. Having a sense of gratitude for what you have and what's right in your life will help you to stay hopeful and optimistic about your future.
- Be receptive to opportunities for self-betterment and self-improvement. Be open to being a better version of you.
  - Every so often, do something fun.
- Permit yourself to love (or love again), and allow yourself to be loved.

Neil Rosenthal is a licensed marriage and family therapist in Westminster and Boulder, Colorado. His column is in its 24th year of publication, and is syndicated around the world. You can reach him at 303-758-8777, or email him through his website: www.heartrelationships.com. The second edition of his book: "Love, Sex and Staying Warm: Creating A Vital Relationship," recently hit the #1 best seller list on Amazon.

# Evaluating and knowing your options is vital

Every year, the Social Security Administration informs us about the inflation adjustment in Social Security benefits and the Part B premiums for Medicare for the coming year. For 2016, the Social Security benefit did not have an inflation adjustment so there was not a Medicare Part B increase if a) you pay for your Medicare through your Social Security benefits and b) you pay the lowest level for Medicare Part B benefits. If you do not met these two criteria, then your payment for Medicare Part B benefits has increased at least 20% and may have gone up as much as 40%.

The importance of this is not what you see in 2016; it is the impact of these policies going forward. The cost of healthcare is going up every year and this will cost every person in one way or another. If you are receiving Social Security benefits, it is likely that your benefit payment will increase far less than you were expecting since Part B premiums may increase by as much as the inflation adjustment on Social Security would be. If you are not on Social Security,



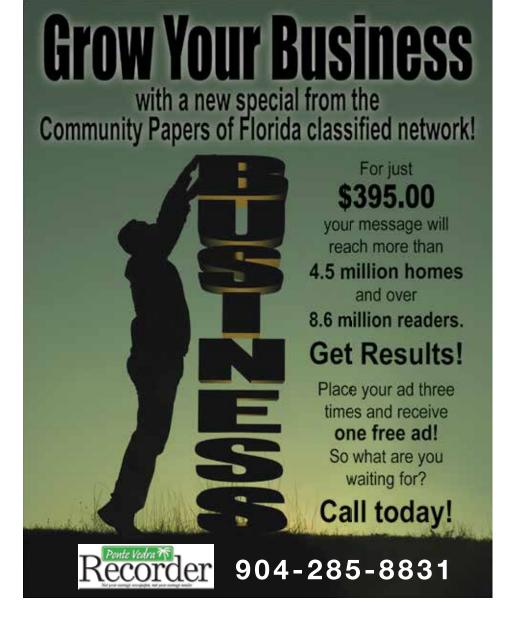
**Ric Schilling** Guest Columnist

you will pay more for Part B premiums every year. Either way, you are unlikely to see a net increase in your income; in reality, it very well may flat line for a few years.

If you have not considered this

in your retirement plan, I strongly suggest you include this in an analysis. While we all assume that Social Security benefits will always increase, recent history suggests that this is

**SCHILLING** continues on **Page 35** 



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# Schilling

Continued from 34

not a guaranteed assumption. Ask yourself, if the income from government benefits remains flat, what are the implications? How will this affect your lifestyle? What changes are possibly necessary?

Evaluating and knowing your options is vital, whether you are gearing up & preparing for retirement or are already well into your retirement years. Information, education and knowing your choices are key.

Frederic "Ric" Schilling is a Florida native, born in Jacksonville, Fl. Ric is President of Senior Guardians of America, a local North Florida firm specializing in tax reduction, long term illness planning, asset protection, probate avoidance and life income planning. Ric is a National Speaker and Advocate on Senior Issues and has been featured by the Florida Times Union and WJXT, TV-4 in Jacksonville as an authority on Estate Planning and Retirement Issues. Senior Guardians has an A+ rating with the Better Business Bureau and is a member in excellent standing with the National Ethics Association. Contact Frederic: 904-371-3302 or 888-891-3381 Please visit: www.seniorguardian.com This article is not intended to give tax or legal advice. Securities offered through Center Street Securities, Inc.(CSS), a registered Broker-Dealer and Member of FINRA & SIPC. Senior Guardians is independent of CSS.

# **Pappas**

Continued from 29

making prudent and rational investment choices. What I find most troubling is that a vast majority of irrational investors do not consider themselves irrational! Not only are these folks blind to the obvious, they have an inherent ability to forget or to fail to learn from their past errors. Moreover, they sadly see only what they are looking for and hearing only what they listen for!

In the final analysis, I argue that we are born to be bad investors, as I continue to witness far too many investors making bad decisions with alarming consistency. Based on my 31-year experience as a financial advisor, I have learned that investment planning is more about people than portfolios. In other words, we do not have portfolio problems; we have people problems! I suggest self-proclaimed guru, Dennis Gartman, was spot on when he said, "An understanding of mass psychology is often more important than an understanding of economics. Markets are driven by human beings making human errors and also making superhuman insights." To Mr. Gartman's point, successful investing is extremely challenging given our emotionally charged, 24-hour-news-cycle. Furthermore, prosperous investing requires psychological

discipline and an enormous amount of self-control, attention, and effort.

At the risk of appearing too modest, I am not a bright person by any stretch of the imagination. Just ask my friends, family, and colleagues! In fact, when I started as a financial advisor, one of my superiors gave the following assessment of my future career as a financial advisor: "We do not expect much of him." Nevertheless, I may not be the sharpest knife in the drawer but I believe that I am a disciplined investor that maintains self-control to make rational investment decisions. If this sounds like I am tooting my own horn, I am, because I am proud of the fact that I can manage the emotions that often play havoc with one's portfolio.

During my career as a financial advisor, the most frequent common denominator for underperformance, without question, is one's lack of selfcontrol. Said differently, far too many investors allow their emotions to dictate their investment decisions. Of course it is okay to have emotions. After all, it is only human to react emotionally to the pouting pundits of pessimism, especially when our money is on the line. Nevertheless, it is not okay to allow our emotions to create illogical behavior. While we can never eliminate our feeling of fear or greed, we can learn to control it. Perhaps the "Great Bear of Wall Street," Jessie Livermore, said it best, "What has

happened in the past will happen again and again and again. This is because human nature does not change, and it is human emotion that always gets in the way of human intelligence." So what is the lesson of this narrative? Ah! Humans, a mystery even to ourselves!

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# Pick a decade and write about it

Editor's note: Mims continues to be benched this week with an injury! Please enjoy this reprinted column, which originally appeared in The Recorder on Jan. 24, 2013.

As the New Year rolls on, maybe you would like to write your memoirs if you have any interest in passing your life story along to your family. Writing can be a great escape ... for some.

I've stopped teaching memoir writing, because I became sleepless in Ponte Vera Beach before every class. So I thought I'd write a few ways to do it for folks reading the Recorder. Besides Daphne Du Maurier' said, "Writers should be read, but neither seen nor heard."

One: Clear the decks to make time to write. Write a timeline of your life, starting as early as you



**Mims Cushing** By the Way...

can remember, by decades ... where you grew up, your siblings, your first school, high school, college, married life, career, kids ... and go to present time. Then take something simple and write about it. Describe your

earliest bedroom, the school playground or recess, times around the breakfast table. If something might be of particular interest to your family, start off writing about that. You are priming the pump.

Two: Get a three-hole notebook to store your vignettes in there, chronologically. Aim for one or two a week. In one year you'll have 50 or more. Books on how to write memoirs abound and might be helpful.

Three: Break a huge event into segments. Think in terms of 400-to-600 word chunks of writing. Learn the discipline of taking the time to "write it short," so it has punch. Most beginning writers ramble on.

Four: Start with a dynamite first sentence. As you go through your day, think about your topic. Capture that all-important first sentence on paper before it slips away.

Five: Make your work sparkle is by editing, sifting, pruning ... **four or five times.** Join a writer's roundtable of gentle souls who edit with their heart. Can't find one? Find friends who like to write and start a group.

Six: If some in your family don't like your writing, do not **despair.** Not everybody has the

same taste in style. James Gould Cozzens wrote: "I can't read ten pages of Steinbeck without throwing up." Keep writing.

My favorite place when I was young was not a playground. It was my mother's desk. It was sturdy. build of wood and chrome with plenty of drawers, big and little, in which she harbored endless flotsam. The drawers were laced with tobacco that drooled its way out of her Lucky Strikes. I wrote stories at her desk and she would say "Bravo!" then she'd dream up enchanted endings for my pieces that I gleefully rewrote and called my own.

Mother always wanted to write memoirs. She did occasionally, and I would tell her "Bravo!" but I never tinkered with her writing.

I wonder if she would have changed this ending.

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### **ACROSS**

1. October stones 6. "The \_\_\_\_ bone's connected to the back bone" 9. Show appreciation 13. Set to zero 14. Down Under bird 68. Defier 15. James Blunt's \_ Beautiful" 16. Actor Owen 17. Credit card rate 72 Sunbathes 18. Bone-chilling 19. To begin with

sioner 23. Doh, re, mi, fa, \_, la, ti, doh 24. Beacon light

21. \*NFL Comis-

25. Actors' group 28. First name in ieans

30. Russian grandmaster 35. Heidi's shoe

37. Bulgarian money 39. Actress Watts

40. Indian music 41. 100 centimes

43. \*Teams have an offensive and defensive one for the game 44. Frenchman's love

46. Charlie "Bird" Parker's sax

47. Pop group "'N

48. \*Like Super Bowl 50. Virginia Institute

of Marine Science 52. Epitome of easi53. Margarita fruit 55. Throw one under

57. \*Expensive big game purchase 61. \*Three-time Super Bowl MVP

65. Some are bright 66 Chain letters

69. Mr. Ed's remark 70. Young newt 71. Do like phoenix

73. High or low card 74. "The Second Coming" poet

### **DOWN**

1. Black and white "killer" 2. Fox coat, e.g. 3. "Clueless" catch phrase 4. \*Played this year \_ Stadium 5. End of "choles-

terol" 6. Asia's "\_\_\_\_ of the Moment"

7. Rascal 8. Rid of impurities 9. Like most U.S.

10. A siren's song,

campuses

11. Seed cover 12. Banana skin 15 Beefeater

20. Elf perch 22. Acorn producer 24. Mollusks with two shells hinged together

25. Scrawny one

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row, column and 3-by-3 box includes all digits 1 through 9.

26. Remember this battle 27. "Taras Bulba" 29. Wang or Bradley 31. \*Walter Payton does it in "The Super Bowl Shuffle"

32. Tissue growth 33. Yemeni neighbor 34. \*Given name of man the trophy is named after

36. Cheap trinket 38. Not in favor 42. Fast food option 45. Dog stand staple 49. Jodie Foster's '08

movie "\_\_\_\_'s Island"

51. \*Game day 54. Mythological princess of Colchis 56. Fixed look

57. Not a word? 58. One of #65

Across 59. Bit attachment

60. Links to a posted photo

61. First one on a ship

62. Pavarotti's song 63. Hitler's Eagle's

64. Aphrodite's lover 67. \*Represented last year by Seahawks

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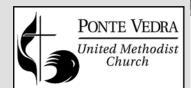
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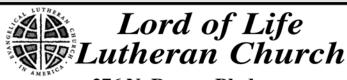
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