

# The CreekLine

November 2017 Volume 17 Issue 11

A Florida NewsLine Publication



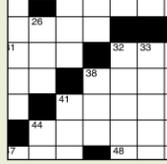
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## Glenmoor's Winston Allen wins gold in recent World Championship

By Angela Higginbotham  
angela@floridanewslines.com

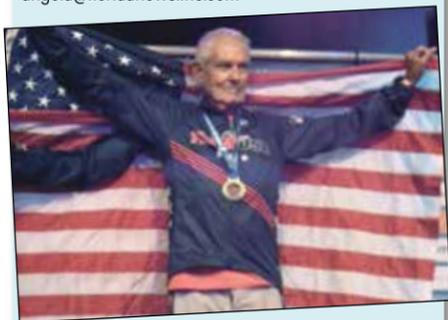


Photo courtesy Winston Allen

Winston Allen won gold in his age division at the ITU Triathlon Sprint World Championships in Rotterdam, Netherlands.

Amazing Glenmoor resident Winston Allen is a 13-time Hawaii Ironman finisher and winner of his age group in the Ironman Brazil event. Allen's most recent win came on Sept. 17, 2017 when he won gold in his age division at the ITU Triathlon Sprint World Championships in Rotterdam, Netherlands. This win came after a full knee replacement in January 2017. His efforts were successful in a 750-meter swim, followed by a 14-mile bike ride and finishing with a 5K run.

"I couldn't have made it to this competition in the Netherlands without my great doctor, Dr. Cedric Ortiguera. My physical therapy was also so important in my recovery, and I need to thank Brett Huether of Glenmoor for that. It was in the 50s and 60s in Northern Europe and to a Florida person, that's cold. Fortunately, on race day, the sky

Allen cont. on pg. 14

## 11TH ANNUAL St. Johns CARES food drive UNDERWAY

By Angela Higginbotham  
angela@floridanewslines.com

St. Johns CARES has been working to serve families in the community and throughout the country for the past decade.

Standing strong on its mission to "Unite the community through helping others in need," this year the need throughout the entire country is as great as it's ever been. Less than one year after Hurricane Matthew struck, residents have been again displaced and many have suffered loss from other hurricanes. Food is, of course, paramount in the recovery from these disasters.

During the last week of October, a St. Johns CARES grocery bag will be placed on your mailbox flag. Keep those that are in need in your thoughts as you shop for your food items for the week. Fill your grocery bag with non-perishable items for others in our community and county who will still be struggling with the aftermath of these storms. An information sheet will be attached to your bag with suggestions for your donation. Local grocery stores will be offering buy one, get one items during this time. St. Johns CARES encourages you to think "Buy one, GIVE one" while you do your shopping and place the grocery bag of donations, beside your mailbox, by 10 a.m. on Saturday, Nov. 4.

Beneficiaries for this year are St. Francis House in St. Augustine, Christ's Cupboard at Celebration Lutheran Church on Roberts Road, Shepherd's Haven in Hastings, and SEA Community in Armstrong. Vol-

Balke said that St. Johns CARE-Swould like to express thanks to the community and the businesses that both sponsor and give support to the food drive. Publix, Pinch-a-Penny, The UPS Store, Julington Creek Golf Club, VyStar and groups that assist in logistics and collections, such as the St. Johns Rotary Club, JCP Loggerheads, and local schools, are all very much appreciated.

Visit [www.stjohnscares.org](http://www.stjohnscares.org) if you are interested in becoming a volunteer for the food drive or to receive information on other ways to make the year brighter for those less fortunate.

St. Johns CARES, Inc. (formerly JCP CARES) is a nonprofit organization committed to helping local charities in St. Johns County. It provides assistance to local charities and those in need through donations and time. Charity efforts are divided into four different categories: Animals and Environment; Senior and Medical; Children; and Homeless and Abused. Helping Hands



Photos courtesy St. Johns CARES

A volunteer from St. Johns CARES will place bags on mailboxes the last week of October for the annual food drive and pick them back up on Nov. 4.

unteers from these organization are so grateful for the generous donations from the community.

"Volunteers are still needed to help make the food drive successful. We need help distributing bags, picking up donations and help with sorting. Last year we collected approximately \$40,000 in donations," said Meg Balke, president of St. Johns CARES.



In 2015, students from Primrose School of Julington Creek's four-year-old class pitched in to help at the St. Johns CARES annual food drive.

of Nocatee has joined St. Johns CARES as St. Johns CARES Kids to work alongside one another supporting the charities in St. Johns County with more family and kid friendly activities.

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**Vets for Vets!**  
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November 11



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Games and Family Fun

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*See our special Senior NewsLine section devoted to seniors. Full of tips, activities and great offerings from our partners!*

**Senior NewsLine**  
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**PET OF THE MONTH**



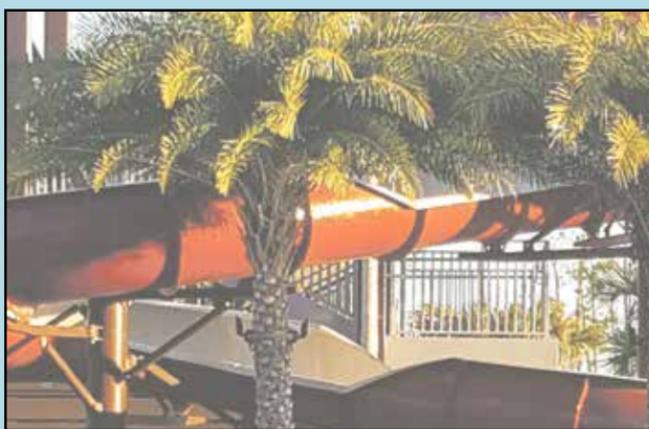
**Meet Angus!** This handsome hunk is a Dogue de Bordeaux / Mastiff, a big boy who is such a calm soul. Only three years old, he was found wandering alone, and is looking for a furever home.



**Meet Daisy!** Daisy is a one-year-old female cat who is looking for a new home. She was brought to the Pet Center as a stray.

Come visit us today at the Pet Center!  
130 N. Stratton Rd.  
St. Augustine, FL 32095  
(904) 209-6190

**MYSTERY PHOTO**



Can you guess where this is? Submit your answer to [mail@FloridaNewsLine.com](mailto:mail@FloridaNewsLine.com).  
Last month's winner was Brennan Dominguez.

**FLORIDA NewsLine**

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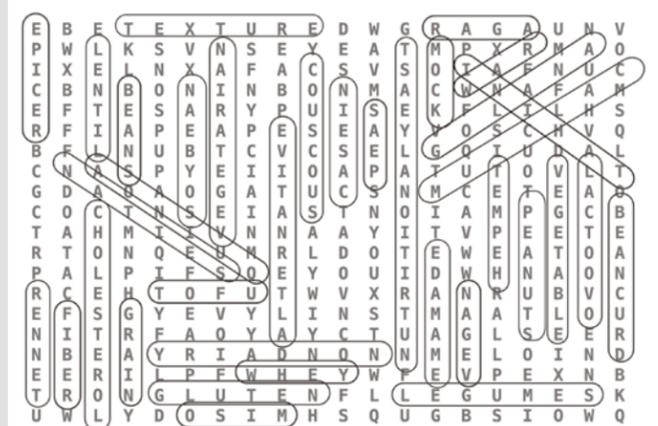
**Social Media**  
[SocialMedia@FloridaNewsLine.com](mailto:SocialMedia@FloridaNewsLine.com)

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answers to puzzles on page 32

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



Answers: A. protein B. vegetable C. health D. diet



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# take 5

## Car show to benefit Toys for Tots scheduled

The third annual Bartram Park Car Show and Community Festival will be held on Saturday, Nov. 4, from 11 a.m. – 5 p.m. at 13241 Bartram Park Blvd., in the parking lot of Railing Chiropractic. The event will feature inflatables, vendors, face painting, a raffle, food trucks and live music — and is free and open to the community. To enter your car in the show, there is a \$20 charge or a reduced charge of \$10 if you also bring two new, unwrapped toys for Toys for Tots. Sponsored by Railing Chiropractic, last year's event resulted in approximately 6,000 toys being donated to Toys for Tots. Contact (904) 551-9283 for more information.

## African Children's Choir to perform

The African Children's Choir will perform at San Jose Baptist Church,

6140 San Jose Blvd., at 7 p.m. on Friday, Nov. 10. The program features children's songs, spirituals and gospel favorites. Concerts are free and open to the community. Donations will be accepted at the performance to support the African Children's Choir programs, such as education, care and relief, and development. The African Children's Choir is a nonprofit humanitarian and relief organization dedicated to helping Africa's most vulnerable children today so they can help Africa tomorrow. Visit [www.africanchildrenschoir.com](http://www.africanchildrenschoir.com) for more information.

## Art and Craft Holiday Show coming soon

Cascades at World Golf Village is hosting its seventh annual Art and Craft Holiday Show on Saturday, Nov. 11, from 10 a.m. – 3 p.m. at the Cascades Amenities Center, 400 N. Legacy Trail in St. Augustine. The show will feature

a variety of items including pottery, wood block prints, cards, watercolors, quilted hand bags, jewelry, wood art, glass art and children's books — all created by local artists. In many cases this

will be the only venue offering these items.

Door prizes and light refreshments will be provided. This in an indoor event and will be held rain or shine.

## Group to learn about history

Newcomers of North Saint Johns will hold its November luncheon on Tuesday, Nov. 14, at 11 a.m. at the historic Pena-Peck House, 143 St George Street, St. Augustine. The Pena-Peck House was constructed circa 1750 by order of the King of Spain as the residence of his royal treasurer, Juan Esteban de Pena. Presently, the Women's Exchange of St. Augustine operates and maintains this beautiful house, its furnishings and a small shop filled with hand-crafted goods. The cost for the November luncheon is \$30 for members and \$32 for guests, including tax and tip. Each participant will receive a \$5 coupon for shopping at Pena-Peck, which will open at 10:30 a.m. After lunch prepared by The Women's Exchange, participants will tour the Pena-Peck House. Reservations are required by Nov. 1; contact



Photo courtesy Priscilla Cobbs  
Newcomers of North St.

Johns members Susan Edwards, Patricia Hamilton-Borde, Linda Philabaum, Fran Wolk, Judy Belluso enjoy a moment on the deck of the Serenata Club at the September luncheon.

Sue Aird at [sjaird@comcast.net](mailto:sjaird@comcast.net).

## Safe boating class to be held

Flotilla 14-7 of the United States Coast Guard Auxiliary, in conjunction with the US Coast Guard, will offer the About Boating Safety (ABS) course for the final time in 2018 on Saturday, Nov. 4 at the Northeast Florida Regional Airport Conference Center, 4730 Casa Cola Way, in St. Augustine. This is a one day course to inform and instruct owners and passengers on recreational boats. Visit <http://abs.mysafeboating.com> to sign up or contact course lead instructor, Bill Hall, at [pe@mysafeboating.com](mailto:pe@mysafeboating.com) for more information.

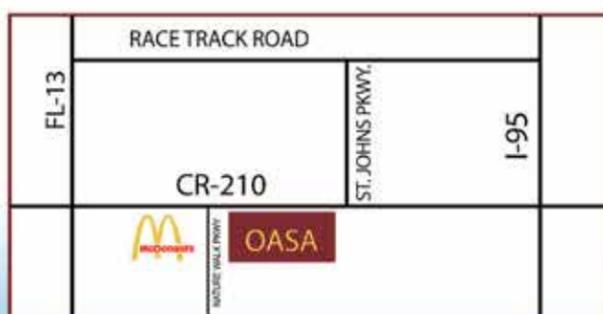


Photo courtesy African Children's Choir

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NOV.

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# around town

**Nov. 18 - Jan. 31, 2018 St. Augustine Nights of Lights Nightly**  
[www.visitstaugustine.com/event/nights-lights](http://www.visitstaugustine.com/event/nights-lights)

**December 1 - 3 41st annual Art and Antiques Show: "London Calling"**  
 Hosted by the Women's Board of Wolfson Children's Hospital  
 Prime F. Osborn III Convention Center  
[www.artandantiquesshow.com](http://www.artandantiquesshow.com)

**December 2 Children's Way 5k & Family Day benefiting Ronald McDonald House**  
 3 p.m. 5k; 4 p.m. fun run  
 Ronald McDonald House in San Marco  
<https://rmhcjacksonville.org>

**December 6 December Art Walk**  
 5 p.m. - 9 p.m.  
 Downtown Jacksonville  
<http://jacksonvilleartwalk.com>

save the date!

**2nd Rotary Club of Bartram Trail**  
 7:30 a.m. - 8:30 a.m. (repeating event on Thursdays)  
 Westminster Woods, 25 State Road  
[lancedmalcolm@gmail.com](mailto:lancedmalcolm@gmail.com)  
**U.S. Coast Guard Auxiliary Flotilla 14-7**  
 7:30 p.m.  
 St. Augustine Yacht Club near the St. Augustine Lighthouse  
 (904) 460-0243  
**Catholic Writers Guild featuring keynote speaker Bishop Felipe Estevez**  
 7 p.m. - 8:30 p.m.  
 St. Paul's Catholic Church school auditorium, 2609 Park St.  
[www.dosafl.com/outreach/catholic-writers-guild/](http://www.dosafl.com/outreach/catholic-writers-guild/) or [writerrod@comcast.net](mailto:writerrod@comcast.net)

**3rd Rotary Club of St. Johns meeting**  
 7:30 a.m. (repeating event on Fridays)  
 St. Johns Golf and Country Club Clubhouse  
[www.rotarystjohns.org](http://www.rotarystjohns.org)

**4th Bartram Park Car Show and Community Festival**  
 11 a.m. - 5 p.m.  
 13241 Bartram Park Blvd.  
 (904) 551-9283

**2017 First Coast Walk for Children with Apraxia**  
 8:30 a.m. - 1 p.m.  
 The Bolles School, 7400 San Jose Blvd.  
<https://casana.apraxia-kids.org/jacksonville-walk>

**US Coast Guard Auxiliary About Boating Safely class**  
 NE Florida Regional Airport Conference Center, 4730 Casa Cola Way, St. Augustine  
 Registration required; [www.abs.mysafeboating.com](http://www.abs.mysafeboating.com)

**6th Current Events Discussion Group**  
 10 a.m. (repeating event on Mondays)  
 Donovan's Irish Pub, US Highway 1  
[adsilby@yahoo.com](mailto:adsilby@yahoo.com)

**7th First Coast Card Club - adult card players**  
 1 p.m. - 3 p.m.  
 St. Augustine Main Library, 1960 Ponce de Leon Blvd.  
 (904) 829-0643

**9th St. Johns CARES Kids meeting**  
 7 p.m.  
 260 Town Plaza Ave., Ste. 230, Ponte Vedra  
[www.stjohnscares.org](http://www.stjohnscares.org)  
**American Association of University Women (AAUW) Author Luncheon**  
 11:30 a.m.  
 Serenata Beach Club, 3175 S. Ponte Vedra Blvd.  
<https://staugustine-fl.aauw.net/>

**10th St. Johns County School District Hurricane Make-up Day**  
 School is in session

**11th Vessel Safety Check by Coast Guard Auxiliary Flotilla 14-7**  
 9 a.m. - 12 p.m.  
 Vilano boat ramp  
<http://vsc.mysafeboating.com>  
**St. Johns Chapter of the Catholic Writers Guild**  
 10 a.m. - 12 p.m.  
 Father Felix Varela Center, 5110 Lourcey Road  
[www.dosafl.com/outreach/catholic-writers-guild/](http://www.dosafl.com/outreach/catholic-writers-guild/) or [writerrod@comcast.net](mailto:writerrod@comcast.net)  
**Friends of the Library Book Sale**  
 9:30 a.m. - 12 p.m.  
 Bartram Trail Branch Library  
 (904) 827-6960

**13th The Northwest United for Progress club meeting featuring Vicky Oakes**  
 7 p.m.  
 Unity Church for Creative Living, 2777 Race Track Road  
[nwsjcp@gmail.com](mailto:nwsjcp@gmail.com)

**14th Bartram Trail Newcomers and Women's Club luncheon featuring Kelly Green of Peace Love Home Furniture and Decor**

11 a.m.  
 St. Johns Golf and Country Club  
 RSVP by Nov. 6, [bartramtnc@gmail.com](mailto:bartramtnc@gmail.com)  
**Newcomers of North St. Johns luncheon**  
 11 a.m.  
 Historic Pena-Peck House, 143 St. George St., St. Augustine  
 RSVP by Nov. 1, [sjaird@comcast.net](mailto:sjaird@comcast.net)

**Nov. 14th - Dec. 19th Northeast Florida AHEC Quit Smoking Class**  
 Tuesdays, 11 a.m. - 12 p.m.  
 Flagler Hospital  
 Free; call (904) 482-0189 to register

**15th Backyard Bird Photography with Florida Naturalist Gary Whiting**  
 6:30 p.m. - 8 p.m.  
 Wild Birds Unlimited Store, 450 State Road 13, St. Johns  
 Free; call (904) 230-3242 to register

**16th Adult Coloring Club**  
 10:30 a.m. - 12 p.m.  
 Bartram Trail Branch Library

**17th Helping Hands of St. Johns County**  
 10 a.m.  
 First Florida Credit Union, 1950 CR 210W  
[jacqphil@aol.com](mailto:jacqphil@aol.com)

**18th St. Augustine Newcomers Club of Northeast Florida - Swim with manatees in Crystal River**  
 12 p.m.  
 RSVP Lea (904) 829-0643  
**Toy Train/Christmas Show sponsored by TCA Southern Division**  
 10 a.m. - 3 p.m.  
 Morocco Shrine Auditorium  
 \$5 admission, (904) 272-7060  
**Fruit Cove Cruise In sponsored by Sunshine State Chevilles**  
 4 p.m. - 8 p.m.  
 PDQ parking lot, 194 State Road 13

Repeating event on third Saturday of each month (904) 827-6960  
**Ancient City Chapter of Florida Writers Association meeting featuring Chris Berman: "Keeping it Real"**  
 10 a.m.  
 Main Library, 1960 N. Ponce de Leon Blvd., St. Augustine  
 Open to the public; [fwastaug@gmail.com](mailto:fwastaug@gmail.com)  
**Nov. 18th - Jan. 31, 2018 St. Augustine Nights of Lights Nightly**  
[www.visitstaugustine.com/event/nights-lights](http://www.visitstaugustine.com/event/nights-lights)

**20th All Star Quilt Guild**  
 9:45 a.m.  
 First Christian Church, 11924 San Jose Blvd.  
[www.orgsites.com/fl/allstartquiltguild](http://www.orgsites.com/fl/allstartquiltguild) or (904) 502-5254

**21st North Business Council of the St. Johns County Chamber of Commerce**  
 8 a.m. - 9 a.m.  
 Westminster Woods on Julington Creek, 25 State Road 13  
 Register at [www.sjcchamber.com](http://www.sjcchamber.com) or call (904) 829-5681

**St. Johns CARES meeting**  
 7 p.m.  
 Bartram Academy, 164 Everest Lane, Ste. 1  
[www.stjohnscares.org](http://www.stjohnscares.org)  
**World Golf Village Toastmasters**  
 6:30 p.m. - 8:30 p.m.  
 First Florida Credit Union, 1950 County Road 210W  
[Worldgolfvillage.toastmastersclubs.org](http://Worldgolfvillage.toastmastersclubs.org)  
**First Coast Card Club - adult card players**  
 1 p.m. - 3 p.m.  
 St. Augustine Main Library, 1960 Ponce de Leon Blvd.  
 (904) 829-0643

**25th - 26th 51st annual St. Augustine Art & Craft Festival**  
 10 a.m. - 5 p.m.  
 Francis Field, 25 W. Castillo Drive, St. Augustine

**Marinela M. Nemetz, D.D.S.**  
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with Jimmy Johns, St. Johns County  
Commissioner, District 1

**Q: You were recently quoted as saying that the county hasn't received even \$1 from FEMA for reimbursement for Hurricane Matthew. Have you still not received it?**

A: No, we still have not received it. In fact, I had a meeting with Senator Rubio's chief of staff today (Oct. 12) and he didn't bring \$1 with him, either. He promised to help track the money for us and weekly updates, but nothing measurable. He was very polite, but I don't expect the money anytime soon.

**Q: How is this impacting the county?**

A: Well, it's very disappointing and frustrating. We have a cash flow concern as we will be spending money this year and don't know if we will receive the money in reimbursement next year or even the year after. It's hard to run a county when you don't know your cash flow. We have costs of more than \$100 million each for two hurricanes (Matthew and Irma) for damage to county owned assets. The St. Johns County general fund is \$174 million for this year. The numbers don't add up.

**Q: So what is the next step?**

A: We are trying to get money from the state as well as FEMA. We continue to call the phone numbers we are given to follow up. I have personally written letters to our local state legislators. Also, to make matters more complicated, the process for requesting funds from FEMA has completely changed between Hurricane Matthew and Hurricane Irma. We are now requesting funds for two storms using two different procedures, but we will do our best to comply.

**Q: What is the latest news on the final budget meeting held Oct. 3?**

A: It was the shortest meeting I've ever been in. Including the Pledge of Alle-

giance and the roll call, the whole thing lasted fewer than 20 minutes. The board unanimously approved, with no changes, the budget that had been tentatively approved in an earlier budget meeting. I'm very proud of our board for not relying on reserves for general budget items. I'm not opposed to using reserves if necessary throughout the year, I just don't want to rely on them at the beginning of the year. In this economy, the county should be able to balance its budget just as homeowners do.

**Q: I understand you attended the Food for Florida event on Oct. 11 at the St. Johns County Fairgrounds. Can you give us an insight into that event?**

A: Thousands of people were lined up before the gates opened, but the event was very well organized with plenty of manpower. Volunteers directed the people to sit in the shade in the Equestrian Center and brought people inside in groups to help qualify them for the program. I talked to some people who said they had walked in and been helped and left in only about 10 minutes.

**Q: Do you have anything else to share with our readers?**

A: I'd like to ask for everyone's patience as it will likely be several months before all the tree debris from the storm is picked up. Last year we had 60 trucks available and this year, with the more widespread nature of Hurricane Irma, we only have 20 trucks. There are only so many hauling companies that are qualified to be used and approved for reimbursement from FEMA.

**Q: What is the best way for our readers to contact you?**

A: Readers can email me at [bcc1johns@sjcfl.us](mailto:bcc1johns@sjcfl.us) or call me at (904) 615-7437. I encourage people to contact me and give me their thoughts and ideas.

## Society of St. Andrew seeks volunteers and produce providers

By Martie Thompson  
[editor@floridanewslines.com](mailto:editor@floridanewslines.com)

The Society of St. Andrew partners with farms, shippers, packing houses and individuals who have fruit and produce that would otherwise go to waste to re-route it to food banks, who can in turn get this food to people who are hungry.

This collection process is known as "gleaning" and its origin is in the Bible. Following the biblical practice, the Society of St. Andrew mobilizes volunteers to enter fields after commercial harvest is complete to pick, dig or otherwise gather the good food remaining. This food is then shared, at no charge, with nearby feeding agencies, who also do not charge those receiving the food.

According to Larry Rood, Northeast Area Coordinator for the Society of St. Andrew, the group is currently looking for both volunteers to assist with the gleaning and farms and individuals who have excess crop that they would like gleaned.

Volunteers must sign a liability waiver and gleaning locations are not publicized so that random people don't show up at a farmer's field outside of scheduled gleaning times.

Rood said, "The Society of St. Andrews will honor a farmer's wishes. If there is a



Photos courtesy Larry Rood

particular population the farmer wants to serve (say, hungry children or seniors) or a particular agency the farmer prefers to send food to, we will be sure the food gets there. We provide complete traceability of the food we glean."

In addition to working with various farms in the Hastings and Crescent City areas, Rood said the Society of St. Andrew will also glean for private citizens with citrus trees in their yards.

If you operate a farm or are an individual who would like to work with the Society of St. Andrew to have your produce gleaned, or if you would like to volunteer with the society, call Larry Rood at (904) 738-1190 or visit [www.endhunger.org](http://www.endhunger.org) for more information.





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## Letter to the Editor

Dear Editor,

The Bartram Trail Library Branch of NW St. Johns County is celebrating its 30th anniversary this year. During its 30 year tenure, it has almost always had the largest circulation of any of the St. Johns County Public Library System branches. It serves more schools within its boundaries than any other branch and its circulation area covers a larger population than any other branch.

Yet being the top in all areas does not merit the funds that other libraries receive. Of all the branches, Bartram Trail is the only branch that is only opened one evening a week. The reason is that there is not enough money to fund the extra personnel to be open more hours.

In 2005, our branch had 11 full time employees. In 2008, that was reduced to 10. Since 2005, the number of items circulated by the branch has increased more than 50 percent. Patron visits have increased 12 percent. Yet during that same time period, branch staffing decreased by 3 percent.

We realize that there is only so much money to go around. What we want is a way to give it where the need is greatest.

Library System Director Debra Rhodes Gibson has been asked what formula the Library Board

uses to figure how much money is allotted to each branch. She has still (after a month) not replied. Could it be that the budget is not figured mathematically, but on a "squeaky wheel" basis?

If it is the squeaky wheel that she pays attention to, then we will squeak. Letters were sent to all our amazing Friends of the Bartram Trail Library members. Some have been caring enough to pass their concern along to the Library Board.

If you wish to support our branch and want to see funding given on an equal basis (maybe X amount of dollars per person in the area plus X amount for each school served), then please write to Debra Rhodes Gibson at [dgibson@sjcfl.us](mailto:dgibson@sjcfl.us) and let her know that we demand equality in services based on facts, not squeaky wheels.

Judy Chandler

Vice President, Bartram Trail Friends of the Library



with Beverly Slough, St. Johns County School Board Member, District 1

**Q: What is the latest on the rezonings in the Northwest brought about by the upcoming completion of the new K-8 school in the Aberdeen area?**

A: The rezoning is still not finalized until the School Board votes at the formally noticed meeting on Nov. 14. But where we ended up is that all of Aberdeen and all of RiverTown will be moving to new school "LL." We were trying to reduce numbers at Patriot Oaks Academy in this area, so now the northern part of Durbin Creek, near Veterans Parkway, will go to Durbin Creek Elementary and Fruit Cove Middle. Additionally, there were three streets off Veterans Parkway slated to go to "LL" and I filed an amendment at the meeting, which passed, to allow them to go to Durbin Creek Elementary and Fruit Cove Middle. These students are within walking distance to Durbin Creek, so it made sense.

**Q: How did this final plan come about?**

A: We began with Plan A, received community input, then added Plan B and received more community input. It was truly a combination of both School District and community ideas. I always say at the beginning of the rezoning meetings that we don't have a brain trust and we need the public's ideas.

**Q: So what was ultimately accomplished?**

A: At the end of the day, everybody in Durbin Crossing will either go to Patriot Oaks Academy or Durbin

Creek/Fruit Cove. Ultimately all will go to Creekside High School. Aberdeen, with the new school right in the middle of their neighborhood, will attend the new school along with RiverTown. The benefit to adding RiverTown residents to the new school is that it will alleviate small school Hickory Creek Elementary and Switzerland Point Middle School, where they were attending.

**Q: Do you have any other news to share?**

A: We just learned that 12 elementary, four middle, four high and all three K-8 schools in St. Johns County were named Schools of Excellence by the Florida Department of Education. I am well pleased with this. This program was established by the recently passed and contentious House Bill 7069 and it is given to schools receiving a grade of A or B for the most recent three school years and ranking in the 80th percentile or higher for at least two of those three.

**Q: What is the latest on House Bill 7069?**

A: It was implemented on July 1, 2017. Recently, 13 school districts across the state filed a lawsuit against the bill. The main premise, among others, of the lawsuit is the lack of a single subject in the bill. St. Johns County did not join in with this lawsuit as we didn't feel we had a strong standing in all the areas covered.

**Q: How can our readers contact you?**

A: They can email me at [beverly.slough@stjohns.k12.fl.us](mailto:beverly.slough@stjohns.k12.fl.us) or call me at (904) 547-7510.

Dr. Michael Bredehoeft, Dr. Christine Cunningham, Dr. Carla Rodrigues



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## with Florida State Representative Cyndi Stevenson, District 17

### Q: Can you shed any light on what's happening at the state level with county reimbursements for Hurricanes Matthew and Irma?

A: We are working with state as well as local officials on that issue. Generally, what I've heard is that FEMA is requiring a new process for authentication of claims. This is to ensure that their money is being spent appropriately; for instance, FEMA wants to make sure that they only pay for storm debris — not new construction garbage or regular residential garbage, for example. However, even considering this slowdown, it's not unusual for this process of reimbursement to take two years. But yes, we are keenly aware that St. Johns County and others have had delay in receiving funding and that it is resulting in a cash flow crunch.

### Q: Is there anything you can do to help?

A: The St. Johns County legislative delegation, which is myself, Rep. Paul Renner and Sen. Travis Hutson, have been following up with the Department of Emergency Management to make sure St. Johns County receives its funds. Unfortunately, I am becoming concerned that some funds allocated for St. Johns County might be reallocated to other areas because of larger disasters. We will continue to be diligent to try to get the money St. Johns

County needs to restore its economy.

### Q: Do you know anything about funds for beach renourishment?

A: One of the hard things I learned after Hurricane Matthew is that FEMA doesn't pay to rebuild beaches that have not previously been renourished. Previously renourished beaches are considered infrastructure and are eligible; natural beaches are not. Rep. Renner and I did work hard post-Hurricane Matthew to secure \$13 million from the state general revenue fund for St. Johns County public beach renourishment. These funds have not yet been applied to St. Johns County because it is a state requirement that first the local government must match the funds.

### Q: What can you tell small businesses that have been affected by the storms?

A: Some businesses and residents have been doubly hit. We want them to get back on their feet. The state offers a Small Business Emergency Bridge Loan Program that is designed to be very short term — it is really intended to just last until the business receives its payout from its insurance company. The bridge loans are great loans for this purpose and carry a 0 percent interest rate, but businesses should be aware that the interest rate escalates to 12 percent if the loan is not paid off in six months.

## FYI Contact Numbers

### St. Johns County Local Government (www.sjcff.us)

Sheriff's Office: (904) 824-8304  
Sheriff David B. Shoar, dshoar@sjso.org  
Julington Creek Field Office: (904) 209-2150

Property Appraiser: (904) 827-5500  
Eddie Creamer, sjcpa@sjcpa.us

Supervisor of Elections: (904) 823-2238  
Vicky Oakes, voakes@votesjc.com

Tax Collector: (904) 209-2250  
Dennis Hollingworth, taxcollector@sjctax.us

Clerk of Court: (904) 819-3600  
Hunter S. Conrad

### St. Johns County Board of County Commissioners

District 1: (904) 209-0301  
Jimmy Johns, bcc1johns@sjcff.us

District 2: (904) 209-0302  
Jeb Smith, bcc2jsmith@sjcff.us

District 3: (904) 209-0303  
Paul Waldron, bcc3pwaldron@sjcff.us

District 4: (904) 209-0304

Jay Morris, bcc4@sjcff.us

District 5: (904) 209-0305

Henry Dean, bcc5hdean@sjcff.us

### St. Johns County School Board (www.stjohns.k12.fl.us)

District 1: (904) 547-7510

Beverly Slough, beverly.slough@stjohns.k12.fl.us

District 2: (904) 547-7510

Tommy Allen, tommy.allen@stjohns.k12.fl.us

### State of Florida Elected Officials

State House District 17: (904) 823-2300

Representative Cyndi Stevenson,  
Cyndi.Stevenson@myfloridahouse.gov,

State Senate District 7: (386) 446-7610

Senator Travis Hutson

### Federal Elected Officials

U.S. Congress District 4:

Representative John Rutherford, (202) 225-2501

U.S. Senate:

Senator Bill Nelson, (202) 224-5274

Senator Marco Rubio, (202) 224-3041

### Q: Do you have any other post-storm tips for residents?

A: I'd like to alert people to Assignment of Benefits (AOB) fraud. This transfers the insurance claims rights or benefits of your insurance policy to a third party. There are legitimate reasons to use an AOB, but particularly after a weather event like a hurricane, there are some red flags for AOB fraud to be aware of. Be wary if a contractor comes to you and knocks on your door to offer their services and wants you to sign a contract immediately. The first thing you should always do if you have storm damage is to take immediate

steps to prevent further damage to your property and then call your insurance company. Unfortunately, due to AOB fraud, we can all expect our property insurance premiums to go up. Much more information is available at [www.myfloridacfo.com/Division/Consumers/AssignmentofBenefits.htm](http://www.myfloridacfo.com/Division/Consumers/AssignmentofBenefits.htm) or call the State of Florida Insurance Consumer Helpline at 1 (877) 693-5230.

### Q: What is the best way for our readers to contact you?

A: Readers can email me [Cyndi.Stevenson@myfloridahouse.gov](mailto:Cyndi.Stevenson@myfloridahouse.gov) or call my local office at (904) 823-2300.



Dr. Phillips is one of the board-certified emergency physicians at Baptist South.

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**Briefs**

**Tiny house event returning to Northeast Florida**

The United Tiny House Association, organizer of the for-charity Tiny House Festivals, is bringing its for-charity Tiny House Festival back to the Sunshine State. The second annual Florida Tiny House Festival will be held Nov. 17 – 19 at the St. Johns County Fairgrounds in Elkton.

The United Tiny House Association will feature dozens of tiny houses and micro homes, television celebrities, national and world recognized leaders from the tiny house community, a Friday night concert and fire performers, daytime live entertainment and dozens of workshops and presentations at the festival.

United Tiny House Association founders John and Fin Kernohan have organized Tiny House Festivals in different states for the past two years as a means of promoting awareness of the tiny house movement and as a source of philanthropy to support great causes and charities in the communities and states where their events are held. Recently, the United Tiny House Association fully funded the building of a tiny house for a homeless veteran and his wife from the proceeds of their second annual Georgia Tiny House Festival. Visit [www.unitedtinyhouse.com](http://www.unitedtinyhouse.com) for more information.

**RiverTown announces two new neighborhoods**

RiverTown, a Mattamy Homes com-



Photo courtesy Mattamy Homes  
Mallard 1 home at RiverTown

munity, announces the release of new home opportunities in two distinctive RiverTown neighborhoods, the Homestead and The Gardens.

“We are thrilled to unveil these exciting new neighborhoods at RiverTown, where home choices are available for many lifestyles,” said Cliff Nelson, Jacksonville Division president, Mattamy Homes. “Homebuyers find great appeal in RiverTown’s thriving neighborhoods, Mattamy Homes’ award-winning home designs and the community’s world-class amenities and lifestyle.”

The Homestead neighborhood is situated in a prime location, close to the community’s new RiverClub Amenity Center (opening in 2018) and State Road 13 entrance. The Gardens neighborhood is a collection of Rear Lane homes featuring front porches.

RiverTown is an active community focused on healthy living. Residents

enjoy miles of trails that wind along the riverfront and a scenic riverfront park perfect for fishing or relaxing by the water and a kayak launch, making it easy to get out on the river. Visit [www.MattamyRiverTown.com](http://www.MattamyRiverTown.com) for more information.

**Early Learning Coalition of North Florida hosts Reading Pal Conference**

The Early Learning Coalition of North Florida (ELC) hosted a conference for their Reading Pals at the Marywood Retreat and Conference Center in on Sept. 27. Forty of ELC’s Reading Volunteers from Clay, Putnam and St. Johns County attended.

The Reading Pals conference had two keynote speakers, Michelle Kiley and Sandra Dunnivant. Kiley is a youth services librarian who has worked for the St. Johns County Public Library system for more than 12 years as a children’s librarian. Dunnivant is a part-time employee for the ELC and was an educator in the Clay County school system for 48 years.

Along with the keynote presentations, participants experienced different reading stations created by ELC staff and volunteers, which included demonstrations on how to use themes for story time to incorporating music when reading to children.

“I am humbled to be with this outreach effort that attracts volunteers with so much community commitment and incredible talent,” said ELC’s Early Literacy Outreach Manager Joan Whitson. “These volunteers are the reason we are able to deliver such important early learning experiences to our communities, and without them our program would not be possible.”

Contact Joan Whitson at [jwhitson@elcnorthflorida.org](mailto:jwhitson@elcnorthflorida.org) for more information about upcoming ELC early literacy events.

**Manor House hosts community’s newest residents**

The Markland Manor House opened a year ago and has become all it was designed to be — a gathering place for residents. On the last Friday of every month, residents of Markland bring hors d’œuvres to share and enjoy getting to know their new neighbors. Approximately 30 residents gathered at the Manor House on Friday, Sept. 28 for a tapas party. Some residents were having so much fun, they extended the tapas party beyond 8 pm to the fire-pit by the lake and kayak launch.

Residents like pointing to the site map of Markland on the wall to show which lot is theirs. All residents are invited even if their home will not be completed for a few more months.

Located just east of Interstate 95 on International Golf Parkway, Markland is a small neighborhood that has the amenities of a larger community. Visit [www.Markland.com](http://www.Markland.com) for more information.



Photo courtesy Markland  
Residents of Markland enjoy a tapas party at the Markland Manor House.

**St. Johns Cultural Council seeks nominations for 2018 ROWITA Awards**

The St. Johns Cultural Council is seeking nominations for the 2018 Dr. Gail Pflaster ROWITA Awards (Recognizing Outstanding Women in the Arts.) Community members are encouraged to submit nominations of women who have made significant contributions to the arts community in St. Johns County over the course of their lifetime. The ROWITA Recognition Ceremony takes place during Women’s History Month each March.

To nominate an individual, fill out the application located at [www.stjohnsculture.com](http://www.stjohnsculture.com) and email it to [sjcc@historic-coastculture.com](mailto:sjcc@historic-coastculture.com). The deadline for submissions is Dec. 1 of each year and only fully completed nominations will be considered. Call (904) 808-7330 for more information.

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# ST. JOHNS Business Monthly

## Market Insight



Scott Grant  
ScottGrant@StJohnsBusinessMonthly.com

### Frankie comes to Jacksonville

Grover Cleveland is the only man to be President of the United States, twice. Sequentially, he is listed as both our 22nd and 24th POTUS. At the time, he was also the heaviest president. That record would be surpassed by William Howard Taft, a man of such prodigious girth that he once got stuck in the White House bath tub.

Cleveland is also the only president to get married while in office. In 1886, in the midst of his first term, the 49-year-old chief executive married his 21-year-old ward, Frances Folsom in the White House Blue Room. John Philip Sousa and the Marine Corps Band provided the music. The wedding caused a small scandal at the time, but the pretty, young First Lady soon became a darling of the American public. Her image appeared in thousands of advertising campaigns, often without her permission.

Grover Cleveland is also the first president to visit Jacksonville. He and Frances came to see the Sub-Tropical Exposition. Expositions were all the rage in the late 1800s. Paris built the Eiffel Tower for theirs. The Columbian Exposition in Chicago brought the world the first ferris wheel. Jacksonville saw the Sub-Tropical Exposition as a way to drum up tourism — and it worked. At the time, Jacksonville was Florida's number one tourist destination.

Jacksonville's Sub-Tropical Exposition was housed on several downtown acres and featured a Seminole Indian

tribe and a 10-foot gator named Ole Joe, who occasionally got loose on the streets of the city. The pavilion, a spectacular Moorish structure featuring spires and minarets, housed agricultural exhibits from every county in the state. People came from all over to experience Florida. The Cleverlands liked it so much, they came twice. (As already mentioned, the Cleverlands liked to do things twice. When they were defeated by William Henry Harrison in the election of 1888, the youthful Mrs. Cleveland advised the White House staff to "... take care of the place, we'll be back." She was right; four years later, she and her husband were back in the White House for a second time.)

Grover used to call his young wife "Frankie." What is cool about Frankie is she had a goal. Her goal was bigger than most and she achieved it, but first she had to have it.

Goals are important in life. Before you can even map out a plan to get anywhere, you need to know where you are headed first. Learn to set goals for yourself — even if they are simple ones — and then work to fulfill them. As investors we need to set goals, too. You need to make those goals difficult, but not impossible, to attain and then work to attain them. Your future depends on it.

*Scott A. Grant is President of Standfast Asset Management in Ponte Vedra Beach. He welcomes your comments or questions at [scottg@standfast.com](mailto:scottg@standfast.com).*

## After the storm – Business assistance resources

By Melissa S. Glasgow  
[mail@floridanewslines.com](mailto:mail@floridanewslines.com)

Undoubtedly, many businesses and residents may find themselves still picking up the pieces after Hurricane Irma, which impacted our area just 11 months after Hurricane Matthew. On behalf of our Board of County Commissioner and the St. Johns County Economic Development Department, we would like to let all members of our business community know that we are here to help you get back to business. Several federal, state and local agencies, along with our economic development partners Florida Small Business Development Center and the St. Johns County Chamber of Commerce, are offering programs and resources available to assist those businesses affected by Hurricane Irma.

**Damage Assessment Survey:** Business owners who have experienced damages as a result of Hurricane Irma are encouraged to fill out the Business Damage Assessment Survey at <http://flvbeoc.org>, and submit a survey with your damages. This information will help determine the needs and level of assistance required for impacted businesses throughout our area.

**Small Business Emergency Bridge Loan Program:** Governor Scott has activated the Florida Small Business Emergency Bridge Loan Program to support affected small businesses. The application for the bridge loan program extends through Nov. 30, 2017, and may be found at [www.floridadisasterloan.org](http://www.floridadisasterloan.org). This bridge loan program is administered by the Florida Small Business Development Center (Florida SBDC). For more information about the bridge loan, contact Marge Cirillo, Certified Business Analyst at St. Johns County's local SBDC office at (904) 209-1295 or [m.cirillo@unf.edu](mailto:m.cirillo@unf.edu).

**Small Business Administration Disaster Loans:** A federal disaster declaration has been made for St. Johns County, which makes low-interest disaster loans available for business recovery. SBA disaster loans may cover repairs, rebuilding, as well as the cost of replacing lost or disaster-damaged real estate and personal property. Businesses and nonprofit organizations are eligible for both Physical and Economic Injury Disaster Loans and are encouraged to visit [www.sba.gov](http://www.sba.gov).

[www.sba.gov/disaster](http://www.sba.gov/disaster) to find forms and a list of necessary documentation needed to complete disaster loan applications. For more information about SBA loans, call SBA's Disaster Assistance Customer Service Center at (800) 659-2955, email SBA at [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov), or contact our local SBDC office at (904) 209-1295. The deadline to apply for physical property damage loans is Nov. 9, 2017, and economic injury loans is June 11, 2018.

**Dislocated Worker Program** helps recovery efforts: Dislocated Worker Grants are awarded to local workforce offices for temporary employment to workers affected by major dislocations, including Hurricane Irma. Disaster relief employment can be in the form of temporary jobs to address structural and humanitarian needs of residents of an area that have suffered a federally declared emergency or major disaster. For more information about this grant program, visit your local CareerSource Center at [www.careersourceflorida.com/your-local-team](http://www.careersourceflorida.com/your-local-team).

**Local Small Business Development Center (SBDC):** St. Johns County is very pleased to have a local Small Business Development Center office and a dedicated, full-time Certified Business Analyst, Marge Cirillo. She is located in the St. Johns County Permit Center at 4040 Lewis Speedway in St. Augustine, and she may be reached at (904) 209-1295 or [m.cirillo@unf.edu](mailto:m.cirillo@unf.edu). After the storm, Cirillo is continuing to assist businesses in completing disaster loan applications and consulting on business continuity, among other topics. For business continuity and other information, check out the SBDC website at [www.sbdc.unf.edu](http://www.sbdc.unf.edu).

We are very appreciative to the Florida SBDC, and especially our local contacts Cathy Hagan and Marge Cirillo, for coordinating the SBDC Mobile Assistance Center to be located in St. Johns County after the storm and staffing it to assist our local businesses.

*Melissa S. Glasgow is the St. Johns County Director of Economic Development.*

Are you interested in promoting your business in St. Johns Business Monthly, a feature section included in both The CreekLine and Ponte Vedra NewsLine?

## ST. JOHNS Business Monthly



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# Vanderbilt kicker Openshaw honored for service

By Martie Thompson  
editor@floridanewline.com

Former Creekside High School student athlete and current Vanderbilt University field goal kicker Tommy Openshaw was recently named to the 2017 Allstate AFCA Good Works Team® — one of the most prestigious off-the-field honors in college football — after being nominated earlier this summer. From this year's 146 nominees, a final roster of 22 award recipients — comprised of 11 players from the NCAA Football Bowl Subdivision and 11 players from the NCAA Football Championship Subdivision, Divisions II, III and the NAIA — were selected.

Openshaw, who was also the kicker for the Creekside Knights, has been on the Vanderbilt team since 2013. He was redshirted his freshman year and has gone on to start 41 games to date as the team's field goal kicker and kickoff specialist the past four years. Openshaw graduated in May 2017 with a bachelor's degree in two majors, engineering science and economics. He enrolled at Vanderbilt's graduate school this fall, working towards a master's degree in leadership and organizational performance with a projected graduation date of May 2019.

Openshaw has made a positive impact through his good works in the community. He is active with the Fellowship of Christian Athletes and the national Christian fraternity Beta Upsilon Chi

and participated in mission trips to the Caribbean to help build homes and infrastructure for those in need. He said he helped with projects as diverse as facilitating sports camps for children in St. Lucia



Photo courtesy Tommy Openshaw  
Tommy Openshaw playing soccer with some new Caribbean friends on a recent mission trip.

to laying fresh concrete at a government sponsored boys' home in Costa Rica — and that these trips to some of the poorest areas of the region were some of the most impactful of



Photo courtesy Brent Carden, Vandy247 Sports  
Tommy Openshaw is the field goal kicker and kickoff specialist for the Vanderbilt Commodores.

his life.

"It's hard to really describe the level of poverty in other parts of this world if you've never seen it firsthand," Openshaw said. "Yet through all of that, there is this profound sense of joy within the hearts of the people who know Jesus. The material world around them is pretty horrible from our American standards. But I think that just goes to show that the material world is not where we find our meaning or our sense of purpose. I love going to

places like Monte Plata because they really force you to take on an outward perspective on life and on the human experience. Its there where we learn to

forget about ourselves and learn to love and serve others."

Closer to home, Openshaw contributed to Vanderbilt's Project CURE, a local medical ministry and assisted with University Catholic's ministry with organizing confirmation retreats for youth.

"It's great having the platform provided to us as collegiate athletes to be able to speak to the local youth about what is truly important in this life. I grew up idolizing the college athletes — especially the legend known as Tim Tebow — and try to embody everything I saw in them," Openshaw said. "Now that I'm in that position, I try to do everything I can to pass along the importance of knowing Jesus Christ and how that is the single greatest thing one can strive for in life."

The 2017 Allstate AFCA Good Works Team® award recipients will be honored on the field during halftime of the 2018 Allstate Sugar Bowl in New Orleans and will take part in a special youth football clinic leading up to the game. Openshaw said if the Vanderbilt team makes it to the Sugar Bowl, he will just have a shorter time in the locker room than the rest of his teammates at halftime.

As for his future, Openshaw said he plans to give the NFL a shot and see where that takes him. He's also considering joining the military following completion of graduate school with a focus on trying to become a pilot.

Openshaw is the son of Mark and Susanne Openshaw of St. Johns.



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# PACT addresses environmental protective factors for youth

By Lynnette Horwath  
mail@floridanewsline.com

PACT spends a great deal of time working to reach youth at an early age to help them make wise, substance-free choices each and every day; however, we also work to address the needs of our young adult population — those youth who have completed high school but are not yet 21.

This age group is at extremely high risk for serious issues that involve alcohol, marijuana and other illegal drugs. They may be using fake IDs at bars, clubs or at music festivals. Their drinking may be at parties that are hosted by parents or young adults who are of age. Or, they may “shoulder tap” an individual entering a liquor store to purchase alcohol for them, usually offering a cash incentive. But the community can come together to implement protective factors which are referred to as environmental strategies.

Here’s an example of how environmental strategies work to safeguard our youth. Imagine zooming up in a helicopter to a level where you could see the entire county down below. That’s where PACT’s collaborative, community wide environmental strategies fit in. We are looking at how, from this high up vantage perspective, we can implement safeguards that reduce the opportunities of youth to make dangerous choices. You may wonder if community level interventions really can make a difference, but research shows that they do. The more barriers to accessing and using alcohol, tobacco and other drugs, the fewer encounters youth have with these substances.

One good example is our alcohol compliance checks. These are done collaboratively with the St. Johns County Sheriff’s Office. A law enforcement team goes out on an evening and a trained, underaged person attempts to purchase alcohol. An undercover plainclothes officer is onsite

with them, while official police intervention is nearby outside the establishment. If a sale is made (with a marked \$20 bill), the youth leaves the business with the evidence (i.e. a six-pack of beer), and the police take over. The individual who made the sale will face fines and might even be fired based on company policies. Police confront onsite management, stressing the importance of meticulous checking of IDs. The business’s violation is listed for public record, including local media and some fines will be assessed on the business if there are repeated offenses.

Two positive results of compliance checks demonstrate the impact of this protective intervention. Those businesses which are randomly chosen for the compliance checks get a direct reminder that it is extremely important that they train all staff to be diligent in checking IDs and identifying fake IDs. Additionally on the night that a compliance check goes on, one business will often call other businesses to report that compliance checks are going on in the area that night. This alerts the other business to be extra careful in checking IDs and fewer alcohol sales to minors will result in that geographical area. PACT assists with law enforcement to do these compliance checks including funds for the youth operative, who is paid for serving in this capacity.

PACT Prevention has bimonthly coalition meetings and parents, educators, and all other interested community members are welcome to attend. Contact LynnePACT@yahoo.com or BridgetPACT@yahoo.com for more information.

*Lynnette Horwath is Program Coordinator for PACT Prevention Coalition.*



Photo courtesy Inyam Ricketts

Visitors went from stall to stall, admiring and purchasing datil pepper merchandise at the recent Datil Pepper Festival.

# Datil Pepper Festival informs and entertains visitors

By Inyam Ricketts  
mail@floridanewsline.com

Crowds flocked to the St. Augustine Agricultural Center on the weekend of Oct. 7 and 8 as the datil pepper received recognition. On both days, vendors, artists, and gardeners displayed their creations and plants in favor of the spicy pepper. Additionally, many clubs from the 4-H organization participated in the festivities, fundraising as well as advertising 4-H.

The 4-H Master Gardeners exhibited and sold their variety of trees, food-bearing plants, and in-season flowers. Other independent plant sellers attended and displayed their own collections of greenery, including the datil pepper.

The facility’s arboretum, where many species of Florida’s plant life can be seen, was also open to visitors.

Street vendors and individual chefs took part in the festivities, incorporating the pepper into their palatable creations: sauces, candy, jams, and even pastries. Vendors also sold handmade apparel, decorations, and devices related to the season. Even under the sweltering sun, people went from stall to stall, admiring and purchasing datil pepper merchandise. Visitors took pictures with the Florida datil pepper, all the while sampling dishes made from the spicy pepper.

Members of 4-H held nature-related activities, as did representatives from other Florida organizations. These sponsored economical choices and an environment-friendly lifestyle.

The Datil Pepper Festival is an annual event sponsored by The University of Florida’s St. Johns County IFAS Extension. Visit <http://stjohns.ifas.ufl.edu/DatilFallFest.shtml> for more information.



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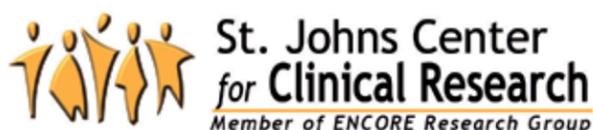
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 for Clinical Research**  
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**904-515-6437**



## Rotary Club of Bartram Trail raises funds for school's playground



Photo courtesy Denise Jones

The Rotary Club of Bartram Trail recently raised the funds to finalize the Cunningham Creek ESE playground project. The Rotary Club presented the check to Cunningham Creek Principal Edie Jarrell and incredibly grateful for the support from all the local businesses and community partnerships. Pictured at the check presentation are Rick Stobe, Edie Jarrell, Jamie Mackey, Denise Jones and Summer Farrin.

## Troop 280 starts New Year

By Kenny King, Jr. and Nick Smith  
 mail@floridanewsline.com

On Aug. 21, Boy Scout Troop 280 held elections for new positions for the scouts. Elections for positions are held to give the scouts experience with leadership and responsibility, and so there are not just adults who are responsible for all the troop needs. Some people kept the same position they had before while others got new positions.

Assistant Scoutmaster, Kenny King, Sr. and Reisha Rust is the new committee chair.

The scouts also elected three new Order of the Arrow (OA) members in the troop: Evan, Nick, and Trevor. The Order of the Arrow is a National Honors Society of the Boy Scouts of America, founded by E. Urner Goodman in 1917.



Photo courtesy Kenny King, Sr.

Troop 280 meets on Monday nights at River of Life Church on Race Track Road.

The key positions voted on were Senior Patrol Leader and Assistant Patrol Leaders. The troop's most recent Eagle Scout Justin was elected Senior Patrol Leader. Evan, Dylan, and Tyler were all elected to assistant senior patrol leader positions. In addition to the senior leadership positions, the troop elected several other scouts to various positions that assist the Senior Patrol Leaders in many ways. These positions include four individuals Patrol Leaders, Quartermaster, Webmaster, OA Representative, Troop Guide, Scribe, Historian, Leave No Trace Trainer, Chaplains Aide, and Bugler.

Order of the Arrow elections are held once a year. The troop also elected two capable adult leaders, Derek Smith and Tim Conlan. To be eligible for the OA, candidates must have at least 15 nights of camping, hold the rank of first class, and be a registered scout member.

Over the summer, the adult troop leadership also changed. Derek Smith is now the Scoutmaster and Brian Racine and Tim Conlan will continue as Assistant Scoutmasters. We also have a new As-

The new Scout year has many activities scheduled including camping, shooting, cooking, and community service projects. It is also the time of year when Cub Scouts select the Boy Scout Troop they will join. Scouts of Troop 280 encourage any Webelos about to cross over to visit their troop and hear about the fun activities planned. Troop 280 meets on Monday nights at River of Life Church on Race Track Road. Visit [www.julingtoncreekscouts.com](http://www.julingtoncreekscouts.com) for more information.

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## Local businessman to be inducted into Indiana Football Hall of Fame

By NewsLine Staff  
mail@floridanewline.com

Mike Augustyniak, president of Augustyniak Insurance Group in Mandarin and former Purdue and NY Jets football player, was inducted into the Indiana Football Hall of Fame on Oct. 6 during a football game at Leo High School in Fort Wayne, Ind.



Photo courtesy New York Jets

Augustyniak began his



Photo courtesy Susan Augustyniak

of the 1981 season, head coach Walt Michaels grabbed Augustyniak in the tunnel before the game and told him he was starting. He then became the starting fullback with the Jets for the rest of his career. After a near death experience during a New England Patriots game Augustyniak came back and continued for one more season. A knee injury ended his career in 1985.

football career at an early age and entered Purdue as a walk-on in 1977. In college, he rushed for 308 yards as a junior and 295 yards as a senior. After spending training camp with the New Orleans Saints in 1980, Augustyniak was released from the team.

Without Augustyniak knowing, his father contacted an agent to see if there was any interest in him as a player. He tried out for the New York Jets as a free agent walk-on in 1981 and made the team. In the third game

Augustyniak was a crowd favorite while he played for the Jets. Occasionally, the chanting of "Augie" could be heard throughout the stadium.

Long time friend and Jets teammate Bruce Harper said, "Our friendship extended beyond the playing field. We were friends not because he was a great player but because of who he is: Augie, the person. Well-deserved."



Photo courtesy Heather Seay  
Pet resort breaks ground

## Pet Paradise Bartram held a groundbreaking ceremony

Pet Paradise Bartram held a groundbreaking ceremony on Oct. 14 for its newest resort, located off Race Track Road at 14976 Walden Springs Way. Pet Paradise will be a state-of-the-art pet resort that offers the ultimate pet boarding and pet daycare experience for dogs and cats. Construction updates will be posted on Pet Paradise's Facebook page.

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Allen cont. from pg. 1

opened up and the wind died down,” Allen said.

Allen’s passion for sports has remained a constant throughout his life. Born and raised in Columbus, Ohio, Allen became interested in athletics when he was only nine years old. Being of a smaller build than many of his peers, he subsequently found an interest in gaining strength through exercise. Allen’s stamina and charisma have been an inspiration for athletes around the globe. As a devoted husband, father and businessman, his wisdom, character, and determination have proven worthy of praise.

Allen became an avid swimmer in high school, and began his collegiate career at Ohio State University. While he enjoyed the time spent at Ohio State as a pre-law major, his stay there was short.

“I was a little fish in a big pond. I wanted to be a big fish in a little pond,” Allen said.

In 1950, Chicago’s Depaul University started their diving and swimming program, and Allen was granted a full scholarship. After graduation Allen was drafted into the Korean War and decided that his career interests lay with the Air Force. While serving in the military, he trained for the 1952 and 1956 U.S. Olympic Trials. In 1956, he became the first Air Force springboard diving coach. In order to support his family, Allen took a break from sports and started a career with the Air Force Office of Special Investigations. His

career took his family to the beautiful scenery of Japan. At the end of his Air Force service, Allen was hired by the IRS for his investigative experience.

In 1983, Allen felt he was at a place in life where he could focus more on his training. He competed in his first triathlon that year. While still busy with work and family, he devoted time each day to training. Allen retired at 60 years old and decided to work harder on his athletics in his newfound free time.

In 1991, at the vibrant age of 61, Allen competed in his first Ironman Hawaii competition. The competition consisted of a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run. This immense challenge took him 17 hours to complete. Allen is most proud of his 13 Ironman events. He holds the title of the 2005 Ironman Brazil champion, and has finished in third place five times in other Ironman competitions.

“It’s really who I am. The Ironman competitions took a lot of discipline and commitment,” Allen said.

Apart from his latest win. Four other World Championship titles contribute to Allen’s extensive resume. He won the 2007 Lorient World Championships in France, and also the 2011 Beijing, China World Championships. In 2015, Allen was the ITU World Championship sprint distance winner in Chicago. He also brought home gold in September of 2016 at the Cozumel, Mexico, ITU World Championships. He finished with an impressive time for his age group (85-89), 02:22:04.

“I couldn’t have ever done any of this without my wife,” Allen said.

Although she is no longer with him physically, Allen and his wife raised a son and daughter who are also accomplished athletes. Allen’s son accompanies him now to events all over the world and they typically enjoy doing some sightseeing together. Allen and his wife moved from Ohio to the warmth of St. Johns County in 2005. Now a resident of the World Golf Village’s Glenmoor community, he enjoys the weather and pleasant training atmosphere. He enjoys motivating his fellow Glenmoor residents to keep moving and reach their own goals.

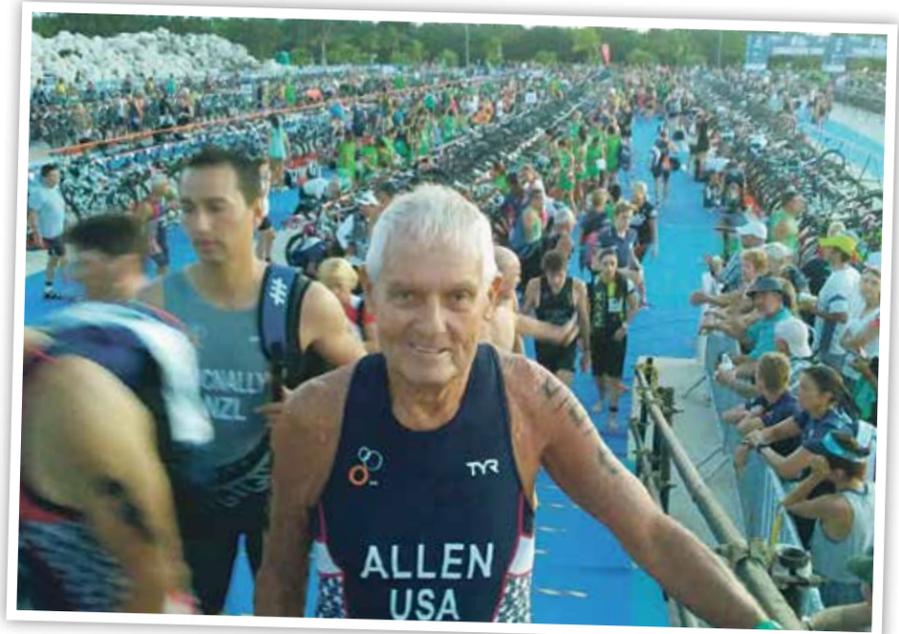


Photo courtesy Winston Allen  
Winston Allen in Cozumel, Mexico, in 2016, another gold medal performance at the World ITU Triathlon Championships.

Although this focus on staying active and healthy consumes most of his time, Allen also enjoys following the stock market and reading. He has plans to compete in his next event in three years. He will be a young, 90 years old at the time of his next race.

“Three more years is a long time,

but if you remain focused on training, getting plenty of rest and eating healthy, then you’re doing everything you can do to reach the next goal. I had no knee pain during the last race. I did lose some range in motion and some elasticity, but at least I’m moving forward,” Allen said.

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# Senior NewsLine 2017

## Eat healthy at 50 and beyond

By NewsLine Staff  
mail@floridanewsline.com

A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

According to the National Institute on Aging (NIA), simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. The NIA advises men and women over 50 adhere to the following daily calorie intake recommendations as they attempt to stay healthy into their golden years.

### Women

- Not physically active: 1,600 calories
- Somewhat active: 1,800 calories
- Active lifestyle: between 2,000 and 2,200 calories



Photo courtesy MetroCreative

The long-term benefits of a healthy diet make the extra effort well worth it.

### Men

- Not physically active: 2,000 calories
- Somewhat active: between 2,200 and 2,400 calories
- Active lifestyle: between 2,400 and 2,800 calories

When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the foundation says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half

**Eat Healthy** cont. on pg. 18

## Some benefits of growing older

By NewsLine Staff  
mail@floridanewsline.com

Many people are quick to think of growing older in a negative light. Although there certainly are some side effects of aging that one may wish to avoid, people may find that the benefits of growing older outweigh the negatives.

Seniors are a rapidly growing segment of the population. In the United States, the Administration on Aging states that the older population — persons 65 years or older — numbered 46.2 million in 2014 (the latest year for which data is available). With so many people living longer, it's time to celebrate the perks of getting older rather than the drawbacks. Here are some great benefits to growing old.

- Higher self-esteem: The insecurities of youth give way as one ages, and older

people have less negativity and higher self-esteem. A University of Basel study of people ranging in ages from 18 to 89 found that regardless of demographic and social status, the older one gets the higher self-esteem climbs. Qualities like self-control and altruism can contribute to happiness.

• Financial perks: Seniors are entitled to discounts on meals, museum entry fees, movies, and other entertainment if they're willing to disclose their ages. Discounts are available through an array of venues if one speaks up. Seniors also



Photo courtesy MetroCreative

People may find that the benefits of growing older outweigh the negatives.

can enjoy travel perks, with slashed prices on resorts, plane tickets and more. The U.S. National Park Service offers citizens age 62 and older lifetime passes to more than 2,000 federal recreation

sites for just \$10 in person (\$20 online or via mail).

• Reasoning and problem-solving skills: Brain scans reveal that older adults are more likely to use both hemispheres of

**Growing Older** cont. on pg. 19

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# Senior NewsLine 2017

## Seniors can give safely and successfully

By NewsLine Staff  
mail@floridanewslines.com

People often gain a greater sense of purpose and happiness after giving to charity, and seniors are no exception. According to a study from Merrill Lynch and Age Wave, today's retirees are almost six times more likely to define success by generosity than their wealth when compared to seniors of yesteryear. Seniors' eagerness to give makes them prime targets for charity fraud. Giving

in retirement while avoiding fraudsters is challenging, but seniors who recognize their vulnerability can reduce their risk of falling victim to criminals. To ensure a donation will be spent in the way it was intended, seniors should thoroughly research organizations before becoming donors. One of the first places to start is Charity Navigator. A 501(c)(3) public charity, Charity Navigator has been steering the public in the right direction regarding charities since 2001. Their

analysts research thousands of financial documents, rating charities on accountability, transparency and performance, among other criteria.

Individuals also can research charities by getting recommendations from friends and family, as well as learning about organizations through the Better Business Bureau. Online rankings and scam alerts can help with decision-making as well.

High-quality charities do not need to resort to pressure tactics to solicit funds. Similarly, individuals should not feel put upon to donate because of gifts received in the mail. Such gifts commonly include notepads and return address labels. Seniors should make donations based on how they feel about a particular charity and the difference they want to make. Some fraudulent charities like to piggyback on the success of reputable organiza-

tions. They may operate under names that sound similar to legitimate charities or create business logos that are nearly identical. People should not be fooled by these tactics.

Seniors can give back in various ways. Charitable gift annuities and charitable trusts are great ways to give, and seniors can even donate senior discounts through a giving site called Boomerang Giving. Seniors also can volunteer their time.

Contact a charity directly to donate instead of using a middle person or unconfirmed entity on the phone. Use a credit card or check so there is a receipt of the donation.

Donating to one charity should not result in a deluge of solicitations from others. Individuals should tell a charity they do not want their personal information shared. This also helps to reduce the risk of being contacted by bogus charities.



Photo courtesy MetroCreative

Seniors can find gratification through charitable giving.

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# Senior NewsLine 2017

## Mandarin Museum & Historical Society welcomes senior volunteers

By Sandy Arpen  
mail@floridanewsline.com

Mandarin's fascinating history encompasses stories as diverse as the Timucuan Indians, Victorian citrus growers, Civil War events and African-American education during Reconstruction; however, not many people are aware of the deep and rich heritage of this area.

Volunteers at the Mandarin Museum & Historical Society (MMHS) have an opportunity to bring the stories of Mandarin and its people to life for visitors of all ages and interests. Since MMHS is volunteer led and driven,

our volunteers form the very foundation of the organization — we could not function without them. Most of the volunteers at MMHS are seniors who have had busy lives and interesting professions and now have time to get involved with their communities in a new way. They bring special and diverse talents and abilities to the museum. Some work as docents who greet and assist visitors and work in the museum gift shop or

help with special events. Others guide tours of the historic buildings, develop school programs, work in planning

and finance, develop and promote educational programs, do public relations and fundraising work, plan and implement exhibits or catalog and manage the museum's collection of artifacts. There is a special task for each person who wants to help.

There is also much fun and satisfaction awaiting if you join the team and participate in the growth of this non-profit organization, while performing a valuable service for the community.

If you have an interest in learning more, please refer to [www.mandarinmuseum.net/join/volunteer](http://www.mandarinmuseum.net/join/volunteer), where you can print a volunteer application. Or call Paula Suhey, Volunteer Coordinator, at (904) 268-0784 and she will be happy to talk with you about your interests.

*Sandy Arpen is president of the board of directors of the Mandarin Museum & Historical Society.*



Photo courtesy Ollis Garbe  
Mandarin Museum volunteer Hope Ferrigno portraying Edith Jones in the farmhouse at Walter Jones Historical Park.



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## Senior NewsLine 2017

### Add hearing care to your end of the year to-do list

By Rosann W. Faull, Au.D, CCC-A  
mail@floridanewsline

Here it is again: that time of the year to review our overall health, health care benefits, prepare for the holidays and get together with friends and family. Don't miss the sounds of the season; add hearing care to your list.

Hearing care is health care. Now's the time to schedule an evaluation. Unfortunately, hearing loss is often ignored. Worse yet, excuses are made for not hearing well: "My family mumbles," "I like the TV loud," and "No one can hear in noisy restaurants." Research has revealed that people wait five to seven years before having their first hearing evaluation.

Several factors can and do affect hearing. Family history, aging and noise exposure are the most common risk factors for hearing loss. Two very common health issues, heart disease and diabetes, lead to a higher incidence and more severe hearing loss. Also, ongoing research shows

that hearing loss and dementia are linked. Hearing is one of our major senses and it should be evaluated when you or your family notices communication difficulties. It is a good idea to have it evaluated when you become Medicare eligible. Medicare will pay for a diagnostic hearing evaluation, with your doctor's referral and performed by a Doctor of Audiology. A complete, diagnostic hearing evaluation will determine the softest tone and speech you can hear. Importantly, it will determine how clear speech is in quiet and a noisy listening environment.

You have a diagnosis — now what? If medical intervention is needed, a referral will be made to your physician. If medicine or surgery will not correct your hearing loss, then amplification will be recommended.

Now is the best time to try hearing aids. Digital technology truly makes hearing aids automatic — soft speech heard, loud sounds tolerable, background noise reduced, and no squealing feedback.

Finally, instruments with rechargeable batteries and direct to cellphone and TV connections.

If at first, you are not satisfied, do not give up. There is no "one size fits all." Try another brand or provider. It is Florida Law that hearing aids may be returned for any reason during the first 30 days. Start

with a provider that works with more than one manufacturer and brand. Prepare for a Happy Holiday Season. Start with better hearing.

*Rosann W. Faull, Au.D, CCC-A is a Board Certified Doctor of Audiology. Visit [www.drfaull.com](http://www.drfaull.com) for more information.*



#### Eat Healthy cont. from pg. 15

the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds.

That can be problematic, as many people instinctively add more salt to foods they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per day. That equates to roughly 3/4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

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# Senior NewsLine 2017

**Growing Older** cont. from pg. 15

their brains simultaneously — something called bilateralization. This can sharpen reasoning skills. For example, in a University of Illinois study, older air traffic controllers excelled at their cognitively taxing jobs, despite some losses in short-term memory and visual spatial processing. Older controllers proved to be experts at navigating, juggling multiple aircrafts simultaneously and avoiding collisions.

- **Less stress:** As people grow older, they are able to differentiate their needs from wants and focus on more important goals. This can alleviate worry over things that are beyond one's control. Seniors may realize how little the opinions of others truly mean in the larger picture, thereby feeling less stress about what others think of them.

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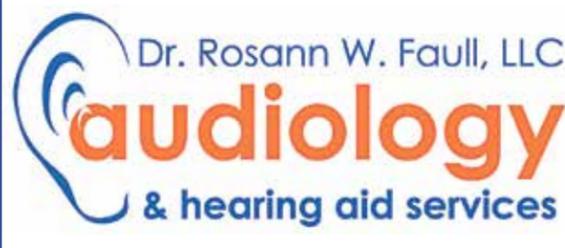
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## Get to Know . . .

### Phil Brown

By Angela Higginbotham  
angela@floridanewslines.com

Born in Norfolk, Va., Phil Brown and his family moved every few years while his dad served in the United States Navy, including time in the state of Florida and in Jacksonville. Brown followed in his father's footsteps and served four years in the Navy and was stationed at Mayport. He then majored in Marine Science at Jacksonville University. Upon graduation, Brown decided to transition into full time from his part time employer, United Parcel Service. He spent a total of 30 years with UPS; 24 of those years were in a management position.

In 2010, Brown retired and quickly learned that he wasn't fully ready for a complete life of leisure. He decided to follow his passion for cooking and enrolled in the culinary program at First Coast Technical College. Upon graduation, he started his culinary career in a couple of local restaurants and eventually joined the culinary teaching staff at First Coast Technical College where he was recently named Teacher of the Year. Brown has spent time volunteering his skills to homeless residents in the area, teaching them how to cook and eventually moving on to their own positions as cooks or enrolling in culinary school.

A proud entrepreneur, Brown has formed several successful businesses over the years and he often enjoys guest chef positions in local restaurants. He and his wife of 39 years, Janet, have one daughter. They have called Julington Creek Plantation home for the past 20 years. When he

does have a few minutes of spare time, Brown enjoys golf, fishing and traveling.

#### 1. What do you enjoy most about living in Julington Creek?

I love the development. I enjoy the amenities and the golf course. The pools are great. It's just always been a really nice place to live and a great home for us. Our house is located next to a pasture and we enjoy the serenity and wildlife.

#### 2. Is there a source from which your passion for cooking comes?

My Dad would always make meals from scratch and I think I just picked up on that and learned from him. As time went on, I enjoyed cooking more and more. I love grilling and being outside with family and friends while I prepare a meal. When I came to a point where I was able, I figured education was the way to go if I wanted to learn even more.

#### 3. What is your latest business venture and how did it start?

Back in 2012, I started adding daitil peppers to my sauces when I was grilling. To my surprise, friends and family loved it and even started offering money for the sauce. I bottled some in my house and sold it at the Mandarin farmer's market. Currently, Chef Phil's Badass BBQ Sauce line has two barbeque sauces, a hot sauce and a rub. I'm still surprised to say that it's in 40 stores now between Jacksonville, St. Augustine and Deland. It's available



Photo courtesy MetroCreative  
Seniors can find gratification through charitable giving.

online as well and I'm hoping to have it available for purchase in Canada at some point in the future. Over time it's morphed into more and more work but I do enjoy it.

#### 4. What do you feel is your greatest accomplishment?

I'm proud of a lot in my life but I would say that my marriage is my greatest accomplishment. Janet has been with me in the good and bad for 39 years and she has helped me the entire way. I couldn't do what I do without her.

#### 5. What do you enjoy most about your culinary teaching position?

I've been an instructor for six years now and through all the demonstrations and teaching, the biggest thing that I enjoy most is when that light bulb goes off, when they get it and they do well at it. Then they teach their peers who don't understand it as well and it's just a contagious type of thing. I'm honored to be an integral and stable part in their lives. It's very rewarding and I love seeing a student's transformation throughout the program.

## Get to Know . . .

Interested in being featured?  
Email Martie Thompson at  
editor@FloridaNewsLine.com

## Mill Creek Plantation opens

By NewsLine Staff  
mail@floridanewslines.com

KB Home recently opened Mill Creek Plantation, its newest community of single-family homes in St. Johns County. Mill Creek Plantation offers easy access to County Road 210 and short drive to downtown Jacksonville.

Residents at Mill Creek Plantation can enjoy natural surroundings with the conveniences of suburban living. A variety of dining and retail establishments are located minutes away and nearby Veterans Park features sport courts and fields, playground equipment, a skatepark, and a dog park. Alpine Groves Park contains nature trails, butterfly gardens, historic structures, and a fishing pier and kayak launch.

Homebuyers at Mill Creek Plantation can choose between 10 one- and two-story home designs that range from 1,903 to 3,314 square feet, with up to six bedrooms and three-and-a-half baths. Spacious great rooms, ample storage, and rear patios are characteristic of the homes at Mill Creek Plantation, and wooded and pond view homesites are available.

As part of KB Home's homebuying experience, buyers at Mill Creek Plantation have the opportunity to personalize many aspects of their new home to best fit their lifestyle and budget, including selecting their lot, floor plan, exterior elevation, and interior finishes. And for homebuyers who are looking to move into a new home immediately, KB Home is now offering select quick move-in homes.

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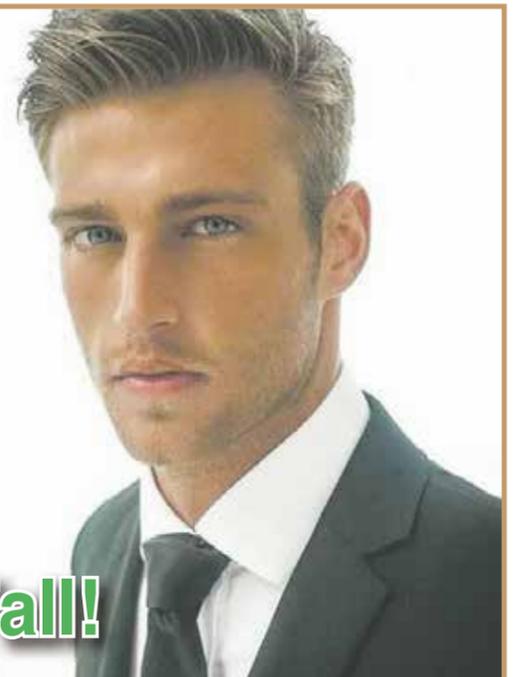
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## School Briefs



Photo courtesy Cara Beth Downs

Student to Student mentors from Fruit Cove Middle School

### Fruit Cove Middle and Julington Creek participate in Student to Student

Student to student mentors from Fruit Cove Middle School have been working with mentees from Julington Creek Elementary School for the past few months. Fifth grade tends to be a bit intense — switching classes and higher expectations in core subjects prove to be a challenge; however, groups of dedicated students are returning to ease some of the pressures for Julington Creek's fifth graders.

This community outreach group is Student to Student, a program that is designed to encourage thoughtfulness, maturity, academics, work ethic and peer modeling. These students work daily with the fifth graders to help with specific areas of need. Students are exposed to peer mentoring and the positive effects it has on the students they mentor. At the same time, it allows the mentors to learn valuable skills in cooperative work environments, following a set schedule, being a positive influence, showing integrity and work ethic.

Students to Student mentors earn volunteer hours to achieve their own aca-

ademic goals while helping their mentees achieve their own. This year's Student to Student mentors are Lexi Holick, Carter Fisk, Lauren Griffin, Jamie Buchbinder, Alexis Arodi, Tristen Darling and Michael Garwood; the teacher sponsor is Cara Beth Downs.

### Switzerland Point Middle School recognizes teachers; collects for hurricane

Switzerland Point Middle School announces math teacher and coach Deborah Robbins and sixth grade science teacher Caitlin Ramsey as the school's 2017-18 Teacher of the Year and Rookie Teacher of the Year. "Their contributions to our school earned them the endorsement of their fellow Raiders; we are fortunate to have them on our team," said Wayne Beck, assistant principal.

Also, the Switzerland Point WEB class organized a collection drive for toothpaste, towels, and other essentials. Sixteen boxes of supplies for families impacted by Hurricane Irma in St. Johns County were collected.

Beck said, "We are always so grateful for the support of our Raiders who look out for those in our community."

### Palencia Elementary names Teacher of the Year

Palencia Elementary School first grade teacher Jennifer Ledford is this year's Teacher of the Year. Ledford is both National Board Certified and Gifted Endorsed.

Ledford has spent her entire 21-year career teaching first grade in St. Johns County, beginning at Mill Creek Elementary for

15 years. She was named the Mill Creek Teacher of the Year in 2001/2002. She joined the Palencia Crew when the school opened six years ago.

"I have a belief that all students can be successful, that all students have a strength and ability to shine bright," Ledford said. "Each day is a new day in my classroom. Each year is so different and the class becomes a family where we learn to treat each other with respect, while learning to become role models for others."



Photo courtesy Emily Turner

Jennifer Ledford, Palencia Elementary's Teacher of the Year, with current student Avery Rebella.

Ledford said her favorite part of her job is watching the children walk through the classroom door each morning and that she loves to watch the students grow throughout the year in first grade.

Ledford and her husband Danny live in St. Augustine and have four children, Owen (age eight, in third grade), Macy (age 14, a high school freshman), David (age 16, a high school junior) and Amber (age 25, a graduate of the University of Florida).

### Liberty Pines Academy update

Liberty Pines Academy students in kindergarten through fifth grades just completed a successful Fun Run Boosterthon. The money raised will go towards purchasing iPads and computers for every classroom.

The annual Liberty Parade will be held on Nov. 9 at 9 a.m. and will honor local veterans. Music will be provided by the LPA Wolf Singers, the LPA band, as well as patriotic songs performed by all 1,500 students. The community is invited to attend this tribute to former and current military men and women.

The final hurricane make-up day will be Nov. 10; school will be in session that day. Thanksgiving break will be from Nov. 22 – 24.

## Your input is needed

The St. Johns County School District is seeking comments on the proposed 2019-2020, 2020-2021, 2021-2022 school calendars. Surveys are now available on the school district website for community members to provide input on the calendars. The survey links can be accessed at [www.stjohns.k12.fl.us/calendar/proposed/](http://www.stjohns.k12.fl.us/calendar/proposed/) or on the school district's home page. Individuals are encouraged to submit any ideas, suggestions or concerns about the proposed calendars. The final proposed calendars must be approved by the School Board. Feedback will be collected through Friday, October 27.



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## Fruit Cove student cracks Top 300 in national science fair

By Martie Thompson  
editor@floridanewline.com

Johnathan Schoenborn, an eighth grader at Fruit Cove Middle School, was selected as a Top 300 competitor in the seventh annual Broadcom Masters, a national Science, Technology, Engineering and Math (STEM) competition for middle school students.

The Top 300 Broadcom Masters represent middle schools from 37 states and were selected from a pool of 2,499 applicants. Competitors were evaluated by a panel of distinguished scientists, engineers and educators on the creativity and originality of their science fair project, their ability to engage in analysis of data, and the understanding of STEM principles as they relate to the real world. The 2,499 applicants were nominated to compete in the Broadcom Masters by placing among the top 10 percent of middle school competitors at regional and state science fairs.

Schoenborn said his project, entitled "From Rubbish to Radishes: Does Compost Produce Increased Plant Growth Over Manufactured Fertilizer?" was inspired by his observation that a raspberry bush in his family's yard that was in the path of their leaking composter was double the size of a nearby raspberry bush.

"I wondered about if being closest to the composter made the plant bigger and greener. I worked on that project for about a year total including the

school, regional, state and finally national science fair," Schoenborn said.

Schoenborn is no stranger to science fairs; he has participated annually since he was in fifth grade. Although his favorite subject is math, science is a close second. He said his fifth grade teacher, Tracey Lyons, and his seventh grade science teacher, Jill Kiefer, have inspired him to pursue his passion for science and discovery. He plans to participate in science fair again this school year and ultimately intends to be a bioengineer after college.

In his spare time, Schoenborn participates in JCB baseball, 4-H and National Junior Honor Society. Schoenborn is the son of Deanna Greer and Bill Schoenborn of St. Johns.



Photo courtesy Deanna Greer  
Johnathan Schoenborn with his winner's award.



Photo courtesy Scott LaRochelle  
Cadet Peyton Gustafson leads the Nease NJROTC Armed Basic Drill Team to a first place finish at the Ed White Drill Meet on Sept. 30, 2017.



Photo courtesy Scott LaRochelle  
Nease NJROTC celebrates winning the Ed White NS1 Drill Meet.

## Nease NJROTC victorious at Ed White Drill Meet

By NewsLine Staff  
mail@floridanewline.com

Nease NJROTC won its opening drill competition of the 2017 – 2018 season, taking home first place at the annual Ed White High School NS1 (freshmen) drill meet on Sept. 30 — repeating as champions for the fourth consecutive year.

In addition to claiming the overall trophy, Nease picked up first place trophies for Academics, Armed Basic Drill and 8 x 220 Relay Race; and second place in Personnel Inspection, Unarmed Basic and 16 x 100 Relay Race.

"It's the Nease way," said senior cadet Niko Paspalaris, who commanded the Unarmed Basic Drill team. "Our senior cadets train the freshmen nearly every day. We compete against great programs and we decided as a group that we would not be out-worked."

Several cadets took home individual honors as well. Cadet Dylan Dosio earned first place in Academics; Forrest Vosburg won the Knock-out Drill; Emily Stanley won the Women's Mile; and Andrew Sakala finished second in the Men's Mile.

"Our freshman (NS1) class has demonstrated tremendous work ethic since the first day of school," said Drill Team Commander Erin Sass, who led the team into the competition. "Their efforts were justly rewarded."

Nease is recognized as one of the top programs in the nation. They have been the No. 1 unit in Area-12 (northern Florida and state of Georgia) five of the past six years, and were the No. 1 unit in the nation in 2015.



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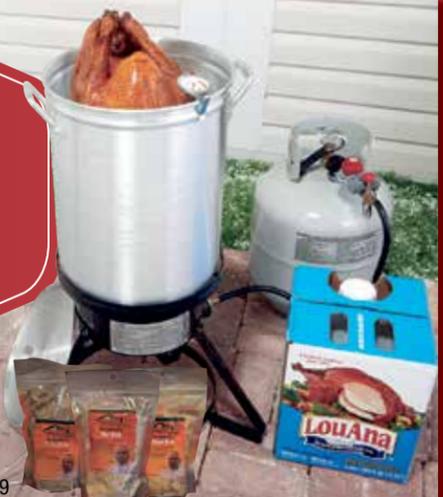
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Photo courtesy Stephanie Howell

## SPMS football team forgoes banquet to donate funds to hurricane relief

The Switzerland Point Middle School Raider football team, an affiliate of St. Johns Middle School Sports Athletic Association (SJMSAA) has been working hard since this summer to raise funds for its end-of-season banquet, which is a special time for players to get dressed up and spend the evening with their families, coaches and teammates. During the banquet, the coaches take the time to honor each player and his contributions to the team. This year, the team raised \$1,600 for its banquet; however, after seeing the news of the devastation from Hurricane Harvey, the team discussed using its funds for a greater need. The team voted unanimously to forgo the end-of-season banquet and donate all of the funds raised to the American Red Cross, in support of those families affected by Hurricane Harvey. At their game on Aug. 31, the Swiss Point Raider football team presented a check to the Northeast Florida American Red Cross in the amount of \$1,600.

## Hawks readers honored

By NewsLine Staff  
mail@floridanewslines.com



Photo courtesy Jen Cury

Hickory Creek Elementary's top summer readers.

Hickory Creek Elementary School encouraged students to spend time reading during their summer vacation and keep a log of the books they read. The goal of this summer reading program was to keep students reading and enjoying books throughout their vacation. Along with turning in their summer reading logs, students were asked to donate new or gently used books. There were more than 240 reading logs turned in and more than 500 books donated.

Children who read chapter books or 10 or more picture books were invited to an ice cream social and book swap. During the social, children celebrated with an ice cream sundae, received a book and star reader stickers.

Jen Cury, PTO chair for the summer reading program said, "The children loved celebrating their reading accomplishments. They enjoyed the ice cream treat and were able to choose a book swap book to take home for themselves."

The remaining books from the book swap were donated to Webster Elementary School media center.

There were also 20 \$5 YOBE gift cards given out as part of a random drawing for students who read and logged 15 or more books on their summer reading logs.

The Top Summer Readers were:

Fifth Grade: Sarah Rocheleau, Chloe Tum-

berty, Brianna Reynolds, Callan Lavery, Grant Whitehead, Allie Jesseman, Ari Wilens, Colin Haury, Jordyn Leader, Reese MacDonald, and Prana Sol.

Fourth Grade: Avery Lore, Olivia Devine, Kyle Poston, Addyson Beddell, Avery Webb, Gabriela Carr, Kyriaki Carr, Kaley Farhat, Sophia Glover, Lynseigh Santarone, Mercedes Watson, Julia Howey, and Sydney Tarantino

Third Grade: Jordyn Morea, Jack Alvarez, Ella Crouse, Ashley Majeskey, Peyton Smith, Brendan Cherne, Ella Schnapp, Brielle Rivers, Caleb Morgan, Alyssa Rosario, Leightyn Santarone, Nathan Willens, Olivia Bonner, and Chelsea Bonner

Second Grade: Doshia Sol, Carson Brtek, Zechariah Sutjandra, Anthony Mendolia, Adrianna Goodacre, Eva Adams, Abigail Saarela, Isla Facemyer, Ty Laino, Samuel Brown, Wesley "Ty" Bishop, Benjamin Wittmann, Valentina Lopez-Loyola, Cady Lambers, and Ben Bloomer

First Grade: Devin Connolly, Blake Soares, Amanara Thompson, Jessica Rosario, Ben Mathis, Cameron Riner, Addison Grimes, Tucker Young, Brayden Black, Grace Dutton, Jace Brtek, Rebecca Morgan, Ryder Haury, and Bea McGill

Kindergarten: Megan Bovitch, Harper Jacobson, Wesley Salmons, Sloan Hartle, Rex Hartle, and Colin Facemyer

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# BTHS Happenings | Bartram Trail students welcome a familiar face

By Delaney Cantrell  
mail@floridanewsline.com

Former Switzerland Point Middle School students may find themselves having déjà vu walking through the Bartram halls this year with the transfer of Charles Moseley. Although this is Moseley's first year in an unfamiliar place, he is far from unfamiliar with St. Johns County Schools.

Moseley has been teaching in St. Johns for the past 23 years as an informational technology teacher, four years of which were spent at Cunningham Creek Elementary, and 18 years at Switzerland Point Middle.



Photo courtesy Delaney Cantrell  
Charles Moseley is a new teacher at Bartram Trail High School, but he is not new to the St. Johns County School District.

teaching an honors Web Design class at Bartram, which he said was much more intense than the Digital Information Technology class he taught at Swiss Point. He is also teaching Database Principles, a new class to Bartram.

Getting use to the relaxed atmosphere of the high school was a change for Moseley, but he has gotten to see many familiar faces.

"I am re-teaching 85 – 90 percent of my students from Swiss Point," he said.

He said the faculty has been amazing and has made his transition go smoothly. He is proud to be a part of the Bear Family.

Most students would easily agree that Moseley is one of their best teachers ever, and to prove it, Moseley was awarded 2015 Teacher of the Year. When asked what that process entailed, he said it involved a lot of training. He received a free car from Beaver Toyota, but more importantly he said, he was asked to serve on the committee to write the computer standards for the state of Florida. He was very excited for this opportunity and was humbled to receive the well-deserved award as Teacher of the Year.

Moseley is very passionate about the school district, which is evident by his career history and the fact that he entrusts the teachers of this district to educate his own children. Bartram Trail students could argue that Moseley is not just the teacher of the 2015 year, but is playing an important role in their educations for many years.

*Delaney Cantrell is a student at Bartram Trail High School.*

"I have always loved technology," said Moseley.

He said would save his money in high school for various computer parts and teach himself as much as possible concerning computers. He later earned his master's degree in integrated learning technology.

Originally from Gainesville, Fla., Moseley moved to this area when he was in fourth grade. He later chose St. Johns as his home after working here as a youth director in college.

Bartram Trail might as well be considered a second home to the Moseleys, as a lot of their time is spent there. Moseley's wife, Tanya, is a guidance counselor at the high school, and their daughter, Chloe, is a junior at Bartram. Their 20-year-old son, Caleb, attends the University of North Florida and is following in his dad's footsteps down the technology path, majoring in graphic design.

Switching over to high school was a big transition for Moseley. He is

# Nease Robotics team plans major comeback

By Atharva Palande  
mail@floridanewsline.com

FIRST Robotics is a competition in which high school teams are challenged to raise funds, create a "brand," and hone teamwork skills — all while building and coding an industrial-size robot. It is a competition that is designed to push the mind to its limits and it is in the works once again for the 2018 game season. Hundreds of schools across the globe compete in this competition to have a chance at winning scholarships and sponsorships. This is a dream-come-true moment when teams meet others as they collaborate to make their way to the top.

After a challenging yet rewarding season last year, Nease, team 6468, believes that it has what it takes to become a part of a winning team.

Club sponsor Matthew Augenstein, physics teacher at Nease said, "We had a great start last year getting into FIRST Robotics. There was a lot to learn and we look forward to building on our experiences moving into this year."



Photo courtesy Atharva Palande  
Nease High School's robot, team 6468.

As the team starts to set up, returning members are placing faith in one another as they believe that they can be winners. This season is a season full of hope and excitement as the Nease team gets ready to welcome new members into the fold and train them to become effective teammates.

To win however, Nease needs help. It needs donors and sponsors and anyone who is simply willing to pitch towards creating a winning team. Contact Matthew Augenstein at [matthew.augenstein@stjohns.k12.fl.us](mailto:matthew.augenstein@stjohns.k12.fl.us) if you would like to make a donation of time or money to Nease Robotics.

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# The Pantry Raiders

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By Chef Nils Rowland  
mail@floridanewslines.com

Our Flourless Chocolate Sea Salt Cookies are a favorite amongst our customers and they happen to be gluten free (only because all of the chocolate doesn't leave room for the flour!). The recipe is simple, but one of our most "chocolatey" offerings and is guaranteed to satisfy any true chocolate lover.

## Flourless Chocolate Sea Salt Cookie

(Makes approximately two dozen cookies)

- 1 lb. Powdered sugar
- 1 qtr. lb. Cocoa powder
- 1/3 lb. egg whites
- 1/2 lb. Dark chocolate chips
- Pinch of salt
- Sea salt flakes to sprinkle on top



Photo courtesy Kristen Penoyer  
Flourless Chocolate Sea Salt Cookie

Mix the powdered sugar, cocoa powder and egg whites in a bowl until smooth. Fold in the chocolate chips until combined. Scoop to desired size. Wrap and freeze.

Preheat oven to 350F degrees. Place frozen dough balls on sheet tray and sprinkle the top with sea salt. Bake for 9 to 12 minutes. Let cool and enjoy!

Chef Nils Rowland and his wife Bailey Rowland own Crème de la Cocoa, a confections company specializing in custom cakes, hand-painted original flavored chocolates and desserts with an artistic twist on new and familiar flavors. Visit the shop at 299 San Marco Ave. in St. Augustine or call (904) 466-9499 for more information.

# Dressing Downton at St. Augustine's Lightner Museum

By Debi Lander  
mail@floridanewslines.com



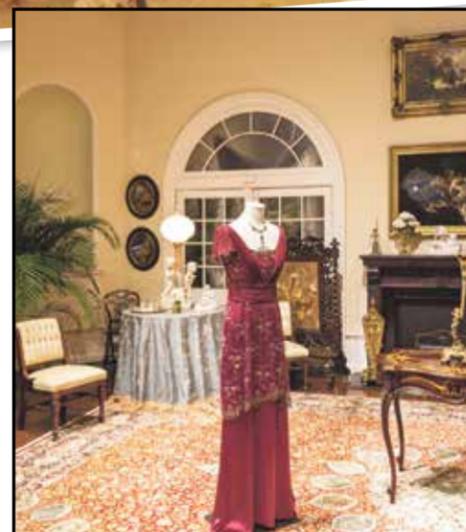
Photos courtesy Debi Lander  
The Dressing Downton exhibit includes a costume from every major character.

Fans of Downton Abbey, the famed British television series, should not miss the Dressing Downton exhibition running at the Lightner Museum in St. Augustine. The fabulous collection of 36 outfits from various episodes in the six-season series dazzles among the museum's Gilded Age period furnishings. I felt like I was walking onto a variety of television sets.

The craftsmanship is extraordinary: exquisite beading, intricate stitchery and plenty of jewels. The collection includes a costume from every major character and some outfits include hats, shoes, boots and handbags.

The Lightner Museum, always the eccentric home of Otto Lightner's unusual collections, has painstakingly taken time and effort to pull off this show. Barry Myers, the museum curator, delved among the amassed storage of undisplayed furniture and decorative treasures, and had them renewed and polished for this outstanding presentation. The dining room table setting is so inviting I wanted to jump across the ropes and sit down.

Tickets are just \$19.95 for the entire museum and the Downton Collec-



The craftsmanship is extraordinary: exquisite beading, intricate stitchery and plenty of jewels.

tion. Reservations are highly recommended as the show is likely to sell out between now and Jan. 7, 2018. The Lightner expects this to be the highest visited event in their 70-year history. St. Augustine is also the last of only nine venues to host Dressing Downton in the United States.

Those interested may also reserve a spot for ea at Cafe Alcazar for an additional fee in the afternoon. An Upstairs, Downstairs Tour of the Lightner, also extra, focuses on its glory days as the Alcazar Hotel, one of Henry Flagler's hotels that attracted the wealthy to Florida.

Visit [www.lightnermuseum.org](http://www.lightnermuseum.org) for more information and hours.

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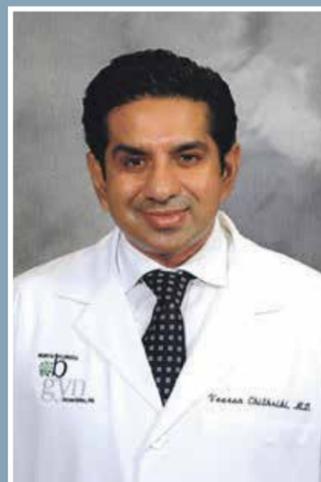
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# "The Addams Family" entertains at Alhambra Theatre and Dining

By Martie Thompson  
editor@floridanewsline.com



Photo courtesy Alhambra Theatre & Dining  
The cast of "The Addams Family" at Alhambra Theatre & Dining

They're creepy and they're kooky ... and audiences will have a spooky good time with Gomez, Morticia, Wednesday, Uncle Fester and the rest of the family at Alhambra Theatre & Dining's production of "The Addams Family." Featuring lyrics by Andrew Lippa and book by Marshall Brickman and Eric Ellice, all the characters you know and love from the 1960s television show and 1991 movie invite you to their ghoulish world for the evening.

It seems that the usually sullen Wednesday Addams (Kayla Tomas), the only daughter of Gomez (Carlos Lopez) and his wife Morticia (Stacey Harris), has met and fallen in love with a "normal" boy named Lucas — and they plan to get married. First, though, they want their two families to meet; both families are instructed to "act normal" so that they can all enjoy a simple dinner. Morticia is astounded at this request and points out that "What is normal for the spider is chaos for the fly."

Indeed, as soon as the Addams' taciturn butler Lurch (Austin Palmer) escorts Lucas' parents Mal (Tom Bengston) and Alice (Regina Torres) into the home, tensions begin to mount.

Hilarity also ensues, and well-timed comedy, some of which has been tailored specifically to Jacksonville, is delivered by the talented cast. Of particular note are Shaun Rice, who was born to play Uncle Fester and Palmer as Lurch, who never strays from his character (right down to his creepy hands and slowly ambling gait). Lurch, definitely the show's scene stealer, also provides a surprise at the end that is noteworthy.

The production features some imaginative stage props, including a facade of the family's famous house that can be turned backward to become the inside of the house that is a "museum." Set designers also came up with nifty props that the Addams family is known for, including a chain torture device, a chair that must be used carefully and a bed with a monster under it.

Musical highlights include Wednesday's version of "Pulling" as she admits that her love for Lucas is pulling her in a new direction; "Full Disclosure," performed at the end of the first act by the entire cast while playing "The Game" (a sort of ghoulish parlor game where all players must confess something); and Morticia, feeling left out by her family, consoling herself with the thought that death is waiting for her in "Just Around the Corner."

Fans of Gomez and Morticia will enjoy the tango to "Live Before We Die" when the stunning couple takes to the dance floor and brings back old memories to themselves — and to the audience.

Executive Chef DeJuan Roy has once again designed a menu to complement the season and the show. Patrons have a choice of Pumpkin Bisque or Autumn Greens for the first course and Pan-Seared Chicken Breast with mac 'n cheese-inspired risotto, Three Cheese Shrimp Tortellini, Braised Beef Short Ribs or Roasted Vegetable Pita for the main course. Save room for Southern Pecan Pie or a creative Tombstone Cake for dessert.

*"The Addams Family" will be performed at Alhambra Theatre & Dining through Nov. 12. Visit [www.alhambrajax.com](http://www.alhambrajax.com) for tickets.*

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# Faith News

## Access Church moving to St. Johns

Access Church, a strategic partner with Andy Stanley's North Point Community Church in Alpharetta, Ga., will meet the first and third Sundays in November and December at 9:45 a.m. at Liberty Pines Academy. Access will also host a Christmas Eve celebration Dec. 24. Then, beginning Jan. 7, 2018, Access will begin meeting every Sunday morning.

This first-and-third Sundays schedule will allow Access Church time between each public service to improve the experience for attendees and guests. For the "off" Sundays, Access is busy planning events like a Sunday specifically set aside for serving in the St. Johns community, a Sunday set aside for training its volunteers, and more.

Access Church launched in 2007, meeting at the University of North Florida. In 2012 the church moved into a leased building in Mandarin and experienced significant growth there before meeting in St. Johns. Visit <http://accesschurch.org/> for more information.

## St. Patrick's Episcopal hosts wellness event

Two wellness professionals will make presentations at a wellness event on Saturday, Nov. 4 from 9:30 a.m. – 12:30 p.m. at St. Patrick's Episcopal Church, 1221 State Road 13: "Ditch the Diet" by Leah Campian, transformational nutritionist and culinary expert and "I Have an Oil for That" by Casey Nemeyer, doTerra Wellness Advocate. A "make and take" will be available for those who would like to make gifts with essential oils; all materials will be provided and a donation



Photo courtesy Laura Hernandez  
Junior helpers Taylor Good and Jared Stone provide materials to church attendees

is appreciated but not expected. Email [stpatrickswellness@gmail.com](mailto:stpatrickswellness@gmail.com) to register.

## Operation Christmas Child collection at Creekside Christian Church

Creekside Christian Church invites you to touch the lives of young children around the world while sharing the message of Jesus Christ by packing a shoebox for Samaritan's Purse ministry, Operation Christmas Child. It may be a box of crayons that inspires a child to become an artist, or a toy stethoscope that makes a child dream of becoming a doctor; just put into the box whatever your passions are and maybe it will spark an idea for them that they can chase after for their lifetime.

Packed shoeboxes may be brought to the Collection Party at Creekside Christian Church on Wednesday, Nov. 8 at 6 p.m. or at any of the church's services on Nov. 9 and Nov. 12. Creekside Christian Church is a non-denominational church located at 92 Life Spring Way in St. Johns. Samaritan's Purse is a non-denominational evangelical Christian organization providing spiritual and physical aid to hurting people around the world. Visit [www.samaritanpurse.org/occ](http://www.samaritanpurse.org/occ) for more information, including a brochure with shoebox packing suggestions.



Photo courtesy Mary Safin

## Helping Hands of St. Johns County collects donations for hurricane relief

Helping Hands of St. Johns County has been very busy since Hurricane Harvey hit Texas. In early September, several members met at the storage center and put together comfort bags of toiletries, shampoo, conditioner, soap, lotion, combs, Kleenex, sanitizer, chapstick, deodorant, razors, socks, toothbrushes and dental products from Southlake Dental on County Road 210W, and sanitizing cloths from Bono's at Bartram Park. Half of the bags were taken to Bartram Trail High School and loaded on a truck for the Houston area. Helping Hands of St. Johns County is a volunteer organization started in 2006 that meets at Faith Community Church, 3450 County Road 210 W, from 10 a.m. – 12 p.m. on the last Friday of the month, except November, when the meeting will be Nov. 17. There are no dues, officers or stress. Members come when they can and do what they can with what is donated. Contact [jacqphil@aol.com](mailto:jacqphil@aol.com) for more information.

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# Rival teams come together for a community night

By Shelley Howard  
mail@floridanewline.com

Under the lights on Sept. 29, 2017, Bartram Trail High School hosted the much anticipated rivalry football game against Creekside High School. Early in the first quarter, Bartram Trail made a run for an early lead that only intensified as the night went on. In the end, Bartram Trail shut out Creekside with a 49-0 victory.

But this night was not just about rival teams fighting it out on the field. It was also about joining together to entertain the crowd with a musical performance that not only included the two high school bands, but also Swiss Point Middle School. A sea of blue, red and black provided a great night of entertainment for everyone to enjoy.



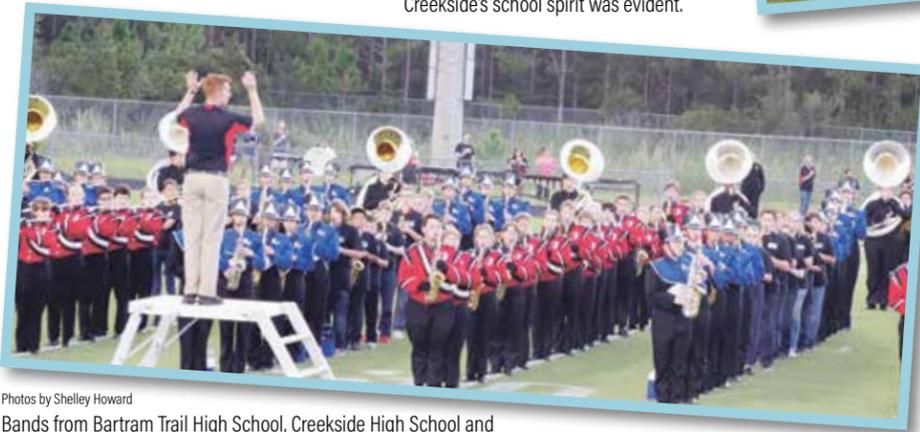
Bartram's student section was packed.



The Bears and the Knights battled on the field.



Creekside's school spirit was evident.



Photos by Shelley Howard  
Bands from Bartram Trail High School, Creekside High School and Switzerland Point Middle School all performed together.



The color guard added visual impact.

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# Golf Tips from the T Shot Ranch

## The Best and the Beast

By Janie C. Farina  
mail@floridanewslines.com

How often do our jobs, our loves, our friends and family, and our golf disappoint us in our lives? In my career as a player, instructor, and coach, I have run the gamut of grimness in my game as well as in my own life.

Some people run and hide from disappointment. Some take charge and get a grip. Some get mad and some let the sadness ruin their lives.

Golf can cause what the Buddhists call “dunka” — pain, suffering and dismay. Whatever the source of your own personal “dunka” — love, family, or job — golf can certainly rank right up there.

Golf can bring out the “best” and the “beast” in people. I have witnessed this sport drive a player to throw clubs, fudge a handicap, cheat on the scorecard, throw tantrums and gyrate as though in a prize fight. How can a sport that is supposed to be relaxing and fun cause such anguish?

The secret to bringing out the “best” and not the “beast” in our lives and in our golf lies with one thing: Truth. How often are we really honest with ourselves?

When we expect more, and don't have the ability or the determination to take the time and learn shots, then it's Dunka, Dunka, Dunka.

Consider these “bests” and “beasts.” Are they part of your game?

Expectation vs reality: The beast in us would take a lob wedge from 30 feet behind the tallest tree on the course and attempt to hit 100 yards over the tree. Is this a realistic solution?

The best course of action would be

the shot you know would work: hit a less lofted shot with a less lofted club and roll it back onto the fairway. But that's no fun, right? The beast would rather take a 12 on the hole just to prove it can work, rather than make a bogey and move on.

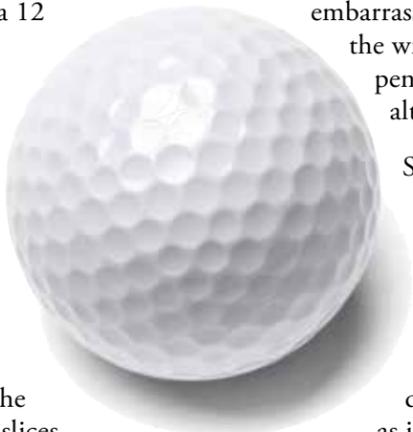
Imagination vs knowledge: The beast in us sees a dogleg left from the tee box and tries to hook the ball. He knows he slices the ball 99.9 percent of the time under pressure, but tries to hook anyway. He wants that .01 percent to work because he imagines it so, and blocks the shot right sending it into the next fairway over.

The best choice would be to take an

iron and lay-up at the corner of the dogleg for an easy approach to the green. Another bogey, but not an out of bounds for a penalty, or the embarrassment of hitting from the wrong fairway. Taking a penalty shot or two is the alternative.

Skill vs experimentation:

The ball lands in one inch of water in the hazard. Rather than dropping the ball in relief and taking the penalty, the beast decides to play the ball as it lies. Frantically he tries to plow through the water at the ball, not realizing that water requires three times the force and has three times the resistance and deceleration of a normal shot from land. Tack on a few extra strokes there, too. Not to mention ruining the shoes, slacks, and ego.



Accountability vs placing blame: So, we add up our round. The beast finds an excuse for shooting high numbers. Instead of evaluating how many three putts, penalties, and suicidal shots that turned disastrous, the beast finds with the course conditions, the person he was paired with, or the pace of play.

So how do we find golf-hope that floats? Ditch the beast and be the best. As Buddha put it: “The greatest gift of truth exceeds all others.” Be true to yourself and you will play your golfing best.

Remember to keep the flow and let it go!

*Janie C. Farina is a 26-year teaching professional recently who relocated to the St. Johns area. She is now available for golf instruction at two local golf courses. Email her at hittthedirt2@gmail.com with comments or questions.*



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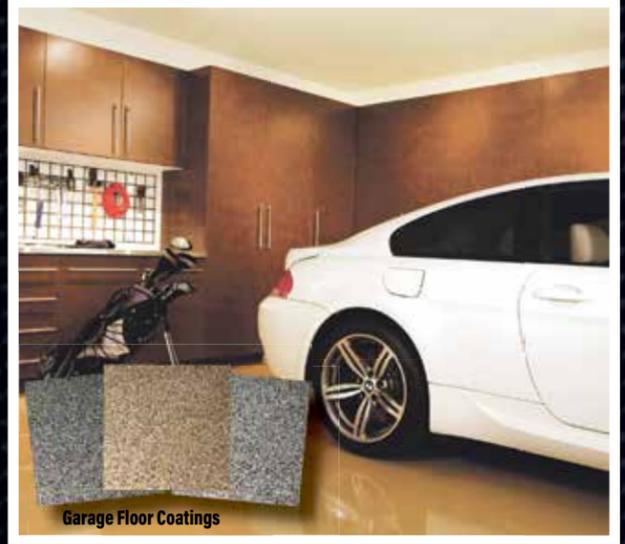

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# Puzzles

Answers on page 2  
Provided by MetroCreative



### CLUES ACROSS

1. Corpuscle count (abbr.)
4. Longtime sports columnist Cook
9. Tributary of the Rio Grande
14. Geological time
15. About ilium
16. Religion
17. Beverage holder
18. Its largest city is Fargo
20. Attaches muscle to a bone
22. Hindu queens
23. Sir \_\_ Newton
24. Developments
28. British thermal unit
29. The Ocean State
30. Smell
31. Line
33. Seizure
37. Where vets are tended to
38. Goddess of the dawn
39. Pear-shaped fruit

### CLUES DOWN

1. Muscles that control eyeball movement
2. Hillsides
3. The dried leaves of the hemp plant
4. Used to see far away things
5. Inventor Musk
6. We all need it
7. \_\_ King Cole
8. Earthy pigment
9. Stringed instrument
10. A language of the Inuit
11. Shuttered
12. Cereal plant
13. Senior officer
19. Sportscaster Patrick
21. What day it is
24. Petrels with saw-toothed bills
25. Bumps in the road
26. Stars
27. Riding horses
31. Swamp plant
32. Type of bear
34. Style of cuisine
35. Home of the Flyers
36. Serious-mindedness
40. Velvet Underground album
41. Highly important
45. Winged
47. Cultured
48. Fastened
52. \_\_ Royce
53. Wreath
54. Excessive fluid accumulation in tissues
56. Synchronizes solar and lunar time
57. Ninth month
59. Deployed
60. Cycles per second
61. Expresses surprise
62. Mythological bird
63. Open payment initiative

## VEGETARIAN WORD SEARCH

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

### WORDS

- AGAR
- ALTERNATIVE
- ANALOG
- BEAN CURD
- BEANS
- CALCIUM
- CASEIN
- CHOLESTEROL
- COUSCOUS
- EDAMAME
- FIBER
- GLUTEN
- GRAIN
- LACTO-OVO
- LEGUMES
- LENTIL
- MISO
- MOCK
- NONDAIRY
- NUTRITIONAL YEAST
- PEANUTS
- PEAS
- QUINOA
- RAW
- RECIPE
- RENNET
- SEITAN
- SOYBEAN
- TAHINI
- TEMPH
- TEXTURE
- TOFU
- VEGAN
- VEGETABLE
- VEGETARIAN
- WHEY

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

## CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to being vegan.  
Each number corresponds to a letter.  
(Hint: 17 = t)

- A. 18 6 12 17 7 15 10**  
Clue: Essential nutrition
- B. 3 7 24 7 17 21 26 2 7**  
Clue: Nutritious plant
- C. 16 7 21 2 17 16**  
Clue: Free from illness
- D. 4 15 7 17**  
Clue: Food choices

# Fishing

## Capt. David's Fishing Report

By Captain David Lifka  
mail@floridanewslines.com

When it comes to fishing our area waters, the weather gives, and the weather takes away.

This spring, following a mild winter with little rain, expectations were high that this year was shaping up to be a really good fishing year. Expectations were right on. Spring fishing started off with a bang. Early summer fishing continued with yet an even bigger bang. Fishing was good, really good. If conditions would hold, freezers were going to be stocked with fish and shrimp to last through the winter. The only thing that could possibly mess things up would be drastic changes in the weather.

Sure enough in early summer, the much needed, but very heavy rain became the norm. Above average rain-

fall became a daily occurrence up and down the river. The once high salinities of the river were slowly being flushed away. Fishing and shrimping began to slow, but catches were still good, and hope for a strong finish still remained.

When September arrives fishing and shrimping are usually beginning to a peak. This September, despite the slow-down from the summer rains, there were still shrimp in the river. With shrimp in the river, fish were going to be there also. There were even reports of tarpon near downtown area bridges. The fishing outlook was good again; it looked like this year's season could still finish strong. That is, until Hurricane Irma decided to visit the State of Florida. Bringing historical flooding to the St. Johns River and its tributaries, any new hopes of a fishing comeback

were put on hold once again.

The ups and downs of fishing our area of the St. Johns is probably influenced more by weather than anywhere else on the entire river. With the right brackish mix, we can experience the best of both saltwater and freshwater fishing. When dry spells occur salinities go up, when wet spells occur, salinities go down. In a typical year, we can expect a weather balance of wet and dry which makes for excellent fishing for most of the season; however, this year was a year of many extremes with a cause and effect that provided both some of the best fishing in years, and also some of the most difficult. This year was a year that confirms, when it comes to fishing our area waters, the weather gives, and the weather takes away.

Fishing Report: Take advantage of cooler days and give area freshwater a try for bream and catfish. Traditionally Seatrout should be off the docks from

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Whether you catch one, some, or none, the family time spent fishing will last a lifetime.

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# Travel

## Travel: Return to Andy Griffith's Mayberry

By Debi Lander  
mail@floridanewsline.com

North Carolinians may call it Mount Airy, but it's still Mayberry to me. Imagine cruising down Main Street in a 1962 Ford Galaxie squad car. That memory lane transported me into a 1960s time capsule. Siren blaring, we cruised past white-stone buildings, the old Earle Movie Theater, a hardware store, Floyd's barbershop, and Snappy Lunch. My driver, Allen Burton, a life-long resident of Mount Airy, points out that Andy Griffith actually grew up here. "The Andy Griffith Show," a popular '60s television show starring Griffith, was set in Mayberry, a fictitious Mount Airy, N.C.

The town offers nostalgic scenes — manicured neighborhoods with pretty postcard homes, where children can still bike safely to a friend's house. Why I bet you could still borrow a cup of sugar to bake a batch of homemade cookies served up like Aunt Bea's.

The childhood home of Griffith, a small, one-story bungalow is available

as an overnight rental. His parents lived there until Andy moved them to Hollywood. Griffith kept a lifelong friendship with childhood pal Emmett Forrest. Forrest returned the favor with the town highlight, the Andy Griffith Museum.

Allen relays bits of history about the town and its famous landmark, the world's largest open-face granite quarry that still operates today.

Jumping out of the squad car, a bit less fidgety that Deputy Fife, brings you to photo-worthy Wally's Service Station, built in 1937. Wally's stands next to a replica of the Mayberry Courthouse. Visitors can sit behind Andy's desk, type on the vintage typewriter, and pretend to place phone calls through the operator. The two memorable jail cells (town drunk Otis's home away from home) still stand across from the room. Like Otis, you can lock yourself in.

Floating in Mayberry's easy atmo-



Photos courtesy Debi Lander  
Andy Griffith's original in desk in the museum



Photos courtesy Debi Lander  
Statue of Andy and Opie

morializes Andy's career from his early radio days to his role as Matlock in a 1986 – 95 television series

Rerun Fan Club members descend upon Mount Airy each September for Mayberry Days to celebrate the down-home town and show. They spend hours in the museum, which the less dedicated can do in 45 – 60 minutes.

Other sites of note include the Mayberry Distillery, run by Van McCoy, surprisingly a retired monk and another hometown boy. I found his tour a hoot, and not just for the generous moonshine tastings. The Mayberry Motor Inn dedicates a room to the late Frances Bavier — "Aunt Bee." A window inside the inn provides the portal to the "warm and fuzzy" she brought to every situation.

Remember Mt. Pilot? Actual Pilot Mountain State Park, nearby, invites a drive to the top and a hike around "the Knob." Views of the Yadkin Valley, a booming wine region, are spectacular. A getaway to the area featuring mountains, bluegrass music, Mayberry, and Merlot makes a budget-friendly but memorable escape.

Visit [www.bylandersea.com](http://www.bylandersea.com) to read more of local travel writer Debi Lander's stories and travel tips.

sphere took me all the way back to childhood. Don't count the years, but Baby Boomers like me grew up with Opie — Andy's son on the show, played by Ron Howard, who left Mayberry behind to become an acclaimed movie director and producer. I still recall the nervous, ineffective antics of Don Knotts as Barney Fife, girlfriend Thelma Lou, Floyd the barber, and, of course, Goober and Gomer Pyle, the mechanics.

The Andy Griffith Museum offers a small gem packed with memorabilia. A bronze statue of Andy and Opie heading for the fishing hole stands outside. It'll get you whistling the show's theme song. The inside features original cast costumes and set props. Iconic signs from the show's courthouse doors read "Sheriff" and "Justice of the Peace" and the original items from Sheriff Taylor's office remain on display, with video clips as background. The museum me-



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# Gardening

## After the storm

By Lesley Arrandale  
mail@floridanewsline.com

The day after Hurricane Irma passed by Jacksonville, the multi-trunked live oak tree in our front yard fell — apparently quite elegantly, although we weren't there to witness the event — onto our house. Aside from dealing with the repair work, my thoughts have turned to — what next for our yard?

If you are still dealing with debris, see this article, which pays particular attention to safety issues: <http://tinyurl.com/yc35sfvh>. People understandably want to restore some semblance of order as soon as possible, but in the heat and humidity following the storm, it is safer to go slow and steady.

With a now-exposed south-facing aspect, we hope to find another less massive, possibly native tree that will be more in scale with our modest street. There are resources to help with tree selection on the University of Florida's website. This publication (<http://edis.ifas.ufl.edu/pdffiles/EP/EP31000.pdf>) guides the reader through an extremely detailed analysis of the process, and although very informative, if you are considering planting a new tree, you might prefer this website: <http://tinyurl.com/yacznu2g>. From here, you can research the characteristics of trees which are suitable for the Jacksonville area, and

match the tree to your particular site. Fall is a good time to plant trees and shrubs. Give them the care they need, and they will put down roots in the winter months, and be ready to take off, come spring: <http://tinyurl.com/y8x68f73>.

As of early October, our lawn is still being smothered by limbs, trunks, and dead leaves, and may well be dead by the time the debris is removed. We might decide to substitute shrubs, native clumping grasses, and flowers in mulched beds, rather than lay new sod. In any case, sod shouldn't be installed until spring, as the grass won't have time to develop strong roots before turning dormant in the cold weather: <http://tinyurl.com/yb5a6ros>.

If you are planning for new flower or vegetable beds, and don't want to dig out weeds, or use chemicals to kill them, try sheet mulching. Lay down overlapping sheets of damp cardboard or several layers of damp newspapers, cover with at least three inches of compostable material, and top that with mulch to make the area look presentable. Building up more layers of compost followed with nitrogen-containing material like shredded leaves or straw will add even more humus to your soil. The process of decomposition takes several months, but the

result will be worth the effort (<http://tinyurl.com/ycvopkcj>).

Check out the November/December edition of A New Leaf, available in early November ([http://duval.ifas.ufl.edu/lg\\_new\\_leaf\\_news.shtml](http://duval.ifas.ufl.edu/lg_new_leaf_news.shtml)). There you'll find timely gardening advice, and information on upcoming programs at the extension office. This is the ideal time to plant cool season vegetables, as well as some perennials, bulbs, and shrubs and trees, and there are plenty of annuals available

to brighten the winter landscape — something that many of us need!

*Lesley Arrandale is a Master Gardener with the Duval County Cooperative Extension Service/City of Jacksonville Agriculture Department, which is a partnership between the United States Department of Agriculture (USDA), the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) and the City of Jacksonville.*



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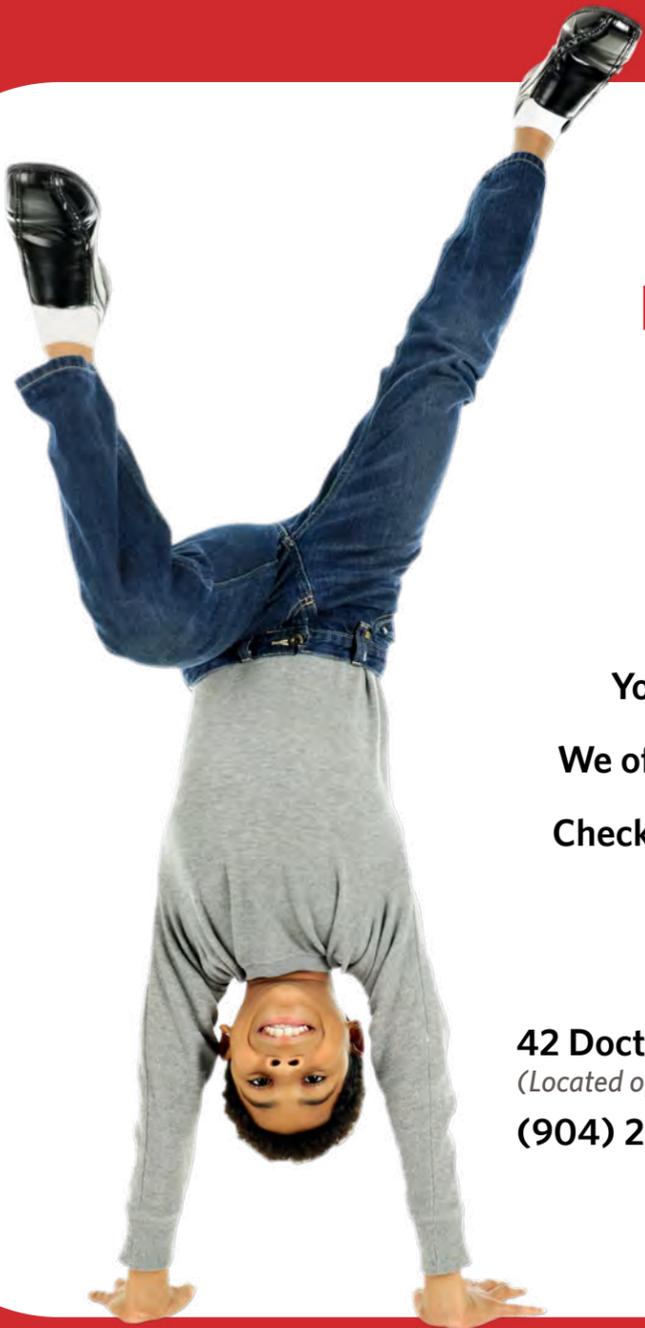
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