



OCTOBER 2018 Volume 18 Issue 10

A Florida NewsLine Publication



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Take 5



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Inquiring Minds
want to know!



page 17

Get to Know...
Japke Gosselin



page 24

Puzzles

In the Pink aims to be one-stop shop for cancer patients

By Martie Thompson
editor@floridanewslne.com

When Jeri Millard was diagnosed with breast cancer 17 years ago, she was frustrated because she had to go to many different places to get all the specialty items she needed. One day she said she had to undress five times for five different doctors and she wondered why



Photos courtesy Jeri Millard
We won the battle...now let's paddle!

they couldn't all come to one place? This gave her the idea to open In the Pink, a 501 C 3 boutique serving men, women and children with all types of cancer.

"I kept a notebook for eight years," Millard said. "I jotted down ideas of what should be in the store, so cancer patients could just go to one place for everything at a time when they are so tired and scared."

In the Pink opened in 2009 and Millard said it is more than just a place for cancer patients to get stuff — it's also a place to get knowledge.

"Women come to the store sometimes with their husbands and they are scared. I can take them to our private sitting room and talk to them and try to make

In the Pink cont. on pg. 15

Hope Floats:

Cancer brought them together; hope keeps them together

By Martie Thompson
editor@floridanewslne.com

If not for breast cancer, Hope Floats founders Kerri Henderson, LaQuita Barnhart and Christina Burget never would have met. But all three were top fundraisers in 2016 for The Donna Foundation and were invited to what is colloquially called The Donna Dinner. It was there that the three breast cancer survivors decided to pool their efforts to raise even more money and awareness.

Henderson said, "We also asked some fellow survivors as well as friends to join us. We all have strengths and all have weaknesses, which is what makes the group so powerful. And since we all have full time jobs and kids and do this in our spare time, it made sense to join up."

At the new group's first meeting, Burget suggested the name Hope Floats and everyone agreed.

They also adopted as their Vision Statement:

"It starts with a wish, it's finished with a cure." The

group's official name, to differentiate it from the movie, is Hope Floats to benefit The Donna Foundation. Lacking their own tax exempt status, Hope

Floats operates under the status of The Donna Foundation, well known locally as being established by local television anchor Donna Deegan. The Donna Foundation serves women and families who are living with a breast cancer diagnosis. In 2017, its first year of existence, Hope Floats raised nearly \$20,000 for The Donna Foundation and qualified as the top fundraiser.

According to Henderson, naturally the breast cancer survi-



Photos courtesy Kerri Henderson
Last year's Block Party for Breast Cancer, held at Taps Bar and Grill.

vors in Hope Floats have personal motivation to end the

bureaucracy some women have with insurance companies and to get awareness out about the importance of early detection. But she marvels at those in the group — eight of Hope Floats' 11 board members — who have not personally been affected by breast cancer and who still work tirelessly.

"The fact that they are pouring their hearts and souls into this is unbelievable," she said. "It's extraordinary that they do what they do."

In 2018, Henderson said the group decided to focus on just three major events instead of a lot of smaller ones, hoping to make a bigger impact and raise even more funds.

The first event of the fund-raising season is the second annual Block Party, to be held at Taps Bar and Grill on County Road 210W on Saturday, Sept. 29 from

12 p.m. – 6 p.m. The event, which costs \$10 to attend, includes all you can eat barbecue as well as \$5 beer and wine. For entertainment, there will be bands, kids' activities, 50/50 chances and give-aways. Donna and Tim Deegan are expected to attend. Henderson said that while walk-ins are welcome, they encour-

age people to purchase advance tickets online at www.thedonnafoundation.org.

Henderson said the plan is for the second event to rotate and be new and fresh each year. For this season, the event will be called "The Many Faces of Breast Cancer" and will be held at the Cork Art Studio in Riverside on Jan. 26, 2019. Survivors will be shown through the lens of local photographer Laura Evans.

Hope Floats cont. on pg. 17



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MYSTERY PHOTO



Can you guess where this is? Submit your answer to
mail@FloridaNewsLine.com.

Last month's Mystery Photo was entrance to the King & Bear community in World Golf Village. Our winner was Wendy Lindley. Congratulations!

FLORIDA *NewsLine*

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OCTOBER
Special Section
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cancer
awareness
month PGS 13-15

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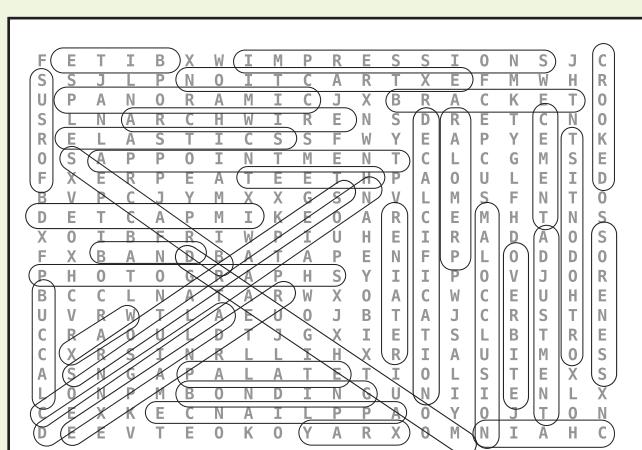
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answers to puzzles on page 24



Answers: A. braces B. wires C. elastic D. straighten



Oct

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	31			

October 1

Current Events Discussion Group
10 a.m. (repeating event on Mondays)
Donovan's Irish Pub, US Highway 1
adsilby@yahoo.com

October 2

World Golf Village Toastmasters
6:30 p.m. – 8:30 p.m.
First Florida Credit Union, 1950 County Rd. 210W
Worldgolfvillage.toastmastersclubs.org

Oct. 2 - Nov. 6

Free Quit Smoking Now Class
Tuesdays, 6 p.m. – 7 p.m.
Flagler Hospital Wellness Center
Call Florida AHEC to register (904) 482-0189

October 4

U.S. Coast Guard Auxiliary Flotilla 14-7
6:30 p.m. – 8 p.m.
St. Augustine Yacht Club near the St. Augustine Lighthouse
pa@mysafeboating.com
Rotary Club of Bartram Trail
7:30 a.m. – 8:30 a.m. (repeats Thursdays)
Westminster Woods, 25 State Road 13
lancedmalcolm@gmail.com

October 5

Rotary Club of St. Johns meeting
7:30 a.m. (repeating event on Fridays)
St. Johns Golf and Country Club Clubhouse
www.rotarystjohns.org

October 6

Bingo Night at St. Joseph's
Doors open 6:45 p.m.; Games start 7:15 p.m.
Cody Center, 4152 Loretto Road
Open to the community; (904) 742-8777

October 6 - 7

Festa Italiana
11 a.m. – 7:30 p.m. and 12 p.m. – 5:30 p.m.
Italian American Club, 2838 Westberry Road
www.iacofjacksonville.com

October 8

Northwest United for Progress Club
Social 6:30 p.m./Meeting 7 p.m.
2777 Race Track Road
nwsjcp@gmail.com

October 9

Daughters of American Revolution, Jacksonville Chapter
11 a.m.
Blue Fish restaurant (904) 333-5222
Bartram Trail Newcomers and Women's Club luncheon featuring fall fashion show
11 a.m.
Maggiano's Little Italy, St. Johns Town Center
RSVP by Oct. 2, bartramtnc@gmail.com

October 10

Count Me In Quarter Auction
11 a.m. – 1 p.m.
Ramada Inn, 3131 Hartley Road
Presented by First Coast Jacksonville Women's Connection, affiliated with Stonecroft
RSVP (904) 662-2263 or mihae.brown@gmail.com
Dementia Support for Caregivers
3:30 p.m.
River Garden, 11401 Old St. Augustine Road
Repeating event on the second Wednesday of each month

October 11

Garden Club of Switzerland
10 a.m.
Tour of Beluthahatchee Park, 1523 State Road 13
All welcome; RSVP at www.switzerlandgc.org
Shorebird Walk at Matanzas Inlet with St. Johns County Audubon Society
9 a.m. – 11 a.m.
Matanzas Inlet West Parking Lot, 8655 A1A S., St. Augustine
www.stjohnsaudubon.com

around town

save the date!

Nov. 3 - Cascades eighth annual Art and Crafts Holiday Show

10 a.m. – 3 p.m.
Cascades at World Golf Village Amenity Center, 400 N. Legacy Trail

Nov. 11 - Annual Dinner for the Birds to benefit HAWKE

6 p.m.
Raintree Restaurant, 102 San Marco Ave. St. Augustine
Buy tickets at www.hawkewildlife.org

Nov. 13 - Vicar's Landing Boutique to support employees' scholarship fund

9 a.m. – 2 p.m.
Vicar's Main Building; parking available onsite
www.vicarslanding.com

Nov. 17 - Annual St. Johns CARES Food Drive

www.stjohnscares.org

www.stjohnscares.org
Happy Hookers crochet group

6 p.m. – 8 p.m.
Bartram Trail Branch Library (904) 827-6960

October 12

Food Truck Friday "Street Party"
5:30 – 8 p.m.

Market Street, Palencia To host a tent, Erin.Gunia@hines.com

October 13

St. Johns Chapter of the Catholic Writers Guild
10 a.m. – 12 p.m.

St. Paul's Catholic Church school auditorium, 2609 Park St.

www.dosaf.com/outreach/catholic-writers-guild/ or writerrod@comcast.net

Friends of the Library Book Sale

9:30 a.m. – 12 p.m.
Bartram Trail Branch Library (904) 827-6960

21st annual St. Augustine Greek Festival and Arts & Crafts Fair

11 a.m.
Francis Field, Downtown St. Augustine
www.stauggreekfest.com

October 15**All Star Quilt Guild**

9:45 a.m.
First Christian Church, 11924 San Jose Blvd.
www.orgsites.com/fl/allstarquiltguild or (904) 502-5254

October 16**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 or call (904) 829-5681
Newcomers of North St. Johns luncheon featuring Jeanette Toohey of UNF's OLLI
11 a.m.
University of North Florida, Adam W. Herbert University Center
RSVP by Oct. 9; sjaird@comcast.net
St. Johns CARES meeting
7 p.m.
Bartram Academy, 164 Everest Lane, Ste. 1

October 17**First Coast Newcomers Club trivia evening/dinner**

6 p.m. dinner / 7 p.m. trivia
Call (904) 829-0643 for name of World Golf Village restaurant and to be added to attendee list

October 18**Adult Coloring Club**

10:30 a.m. – 12 p.m.
Bartram Trail Branch Library (904) 827-6960

October 20**Read to Rover (beginning readers practice reading to therapy dogs)**

11 a.m. – 12 p.m.
Bartram Trail Branch Library (904) 827-6960

Fruit Cove Cruise In sponsored by Sunshine State Chevelles

4 p.m. – 8 p.m.
PDQ parking lot, 194 State Road 13
Repeating event on third Saturday of each month

19th annual Fall Festival

12 p.m. – 4 p.m.
Westminster Woods on Julington Creek

October 23**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

October 26**Helping Hands of St. Johns County**

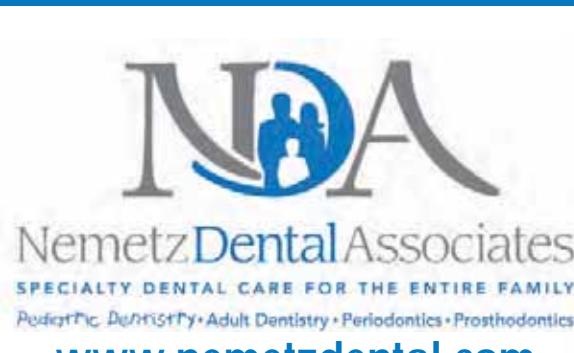
10 a.m.
Faith Community Church, 3450 County Road 210W
jacqphil@aol.com

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Waterway cleanup scheduled

The St. Johns Audubon Society is participating in a waterways cleanup on the Litter Gitter, Captain Adam Morley's vessel, on Wednesday, Oct. 17 from 9 a.m. – 11 a.m. Volunteers are needed to help clean up the wading bird habitat and feeding grounds along the Intracoastal Waterway. Trash bags and grabbers are provided, but volunteers should bring their own work gloves, bug spray, sunscreen, and (reusable) water bottle. Rubber boots or water shoes are recommended, as volunteers will wade through shallow water to pick up along the spoil islands in the marshes. Meet at Genungs Fish Camp, 291 Cubbedge Road in St. Augustine. RSVP to Marcy Brenner at marcyjbrenner@me.com or stjohnsaudubonsociety@gmail.com or call (401) 441-9263 for more information.

Fall Craft Festival to be held

United Methodist Women will host the 29th annual Fall Craft Festival at Mandarin United Methodist Church, 11270 San Jose Blvd. on Saturday, Oct. 6, 9 a.m. – 4 p.m. The event will include more than 100 craft booths, a bakery and a Country Store full of handmade items from jellies and Kickin' Pickles to quilts and painted holiday decorations. The Children's Christmas Shop will be



Photo by MetroCreative

open for children to shop by themselves for gifts for family and Santa will visit from 12 p.m. – 2 p.m. All proceeds support mission projects. Visit www.mumc.net for more information.

Writers Guild to meet

The Catholic Writers Guild, St. Johns Chapter will have its monthly meeting on Saturday, Oct. 13 at St. Paul's Church & School Auditorium at 2609 Park Street in Jacksonville from 10 a.m. – 12 p.m. Poets, fiction and non-fiction writers, screenplay writers, musicians, artists, editors, and illustrators are invited to attend. The meeting will include a presentation on Op-Ed Writing by Roderick T. Beaman followed by a business meeting. Refreshments will be served with a raffle. Contact R. T. Beaman at writerrod@comcast.net or P. Babadi at wordsbypaula@gmail.com for more information.

Local artists sought for Arts in the Park

The Friends of Alpine Park volunteer group is planning the first ever "Arts in the Park" event for Saturday Nov. 17 and is seeking local artists, crafters and residents with items to sell to participate. The event will be held from 1 p.m. – 5 p.m. at Alpine Groves Park and the \$20 participation fee will go directly to the Friends of Alpine Park and efforts to interpret and furnish the interior of the historic Bennett Farmhouse. Contact friendsofalpinepark@gmail.com for general questions or to sign up.

Second Sunday at Stetson's to feature three musicians

Three outstanding singer/songwriters will perform at Beluthahatchee, the St. Johns County Park that was the home of author and activist Stetson Kennedy, for the Oct. 14 concert of the series, Second Sunday at Stetson's.

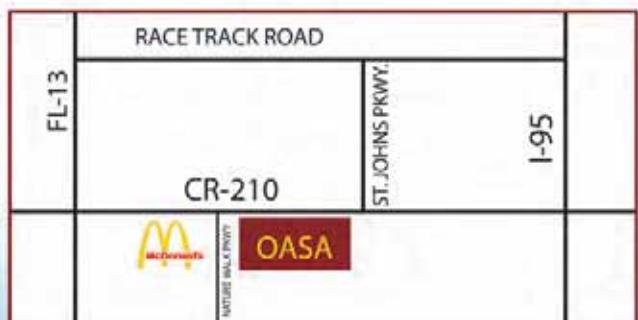
Photo by MetroCreative



Larry Mangum, Al Poindexter, and Paul Garfinkel will be performing "Songs For Stetson" in celebration of what would have been Kennedy's 102nd birthday. The performance is from 2 p.m. until 4 p.m. The park will open at 1 p.m. with tours of Stetson's house and museum before and after the concert. Space is limited and reservations are required; call (904) 206-8304. A \$10 donation is recommended. Visit www.stetsonkennedy.com for more information.

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Inquiring Minds want to know!

By Martie Thompson
editor@floridanewslime.com

Are you puzzled about something going on in NW St. Johns County or wondering about whatever happened on a topic from a previous issue? Email your question to us at editor@floridanewslime.com by the fifth of the month and we will do our best to track down the information for you.

While we will do our best to answer all the questions we receive, we may not be able to answer all questions received each month. Also, due to publication scheduling, the time it takes to research answers may vary.

Here are answers to questions we received this month:

Q: There's a lot of land being cleared behind the new marketplace across from the Durbin Creek Elementary on Race Track Road. Any ideas on what's going on?

A: We asked Casey Keough, a planner with the St. Johns County Growth Management Planning and Zoning division, about this.

She said, "I am looking at the map of St. Johns County and believe that you are referring to the Celestina development. The project consists of development of Phase 3A and 3B and is a total of 186 single family homes."

Q: What is being built on State Road 13, just north of Lemonwood Road in Fruit Cove?

A: Keogh had this information to share: A building permit was issued in June for the construction of a single family residence at 790 State Road 13.

Email your question to us at editor@floridanewslime.com



with St. Johns County Commissioner Jimmy Johns,
(District 1)

Q: At what point is the budget process now (mid-September)?

A: So far, we have held the first of two public budget hearings required by state law. The second will be held on Sept. 20. We have set the tentative millage rate and determined not to include the Municipal Service Taxing Unit (MSTU) in this year's budget for the Ponte Vedra Beach area. After the meeting on Sept. 20 everything will be finalized for our FY 2019 budget.

Q: How does the budget compare to last year?

A: We kept the county-imposed taxes relatively flat, but people will most likely see an increase in the total dollar amount because of increases in assessed home values as determined by the property appraiser.

Q: Have we received any more FEMA reimbursements from the recent hurricanes of 2016 and 2017?

A: Yes, we recently received another \$2.3 million in DHS/FEMA reimbursements. It's good to finally have the money coming in.

Q: What update can you give as to development in the Northwest?

A: The Walmart at Durbin Park is scheduled to open any day now and of course State Road 9B is open and more and more people are using it.

Also, there will be a new fire station in the Northwest soon, near the corner of Veterans Parkway and Race Track Road. This location has been identified as a need for many years, and now it has become the top priority to serve the Julington Creek, Aberdeen, Durbin Crossing and Durbin Park areas. It is currently in the design phase. Once it is operational, homeowners should contact their homeowners insurance company and let them know, as their insurance costs should be noticeably reduced once they are within five miles of a fire station.

Q: What priority was on the county's legislative action plan?

A: This year's legislative action plan will be reviewed later in September and then be sent to the state. Transportation is our top priority and there are specific roadways for which we have requested state funding. In the Northwest, Race Track Road from Bartram Park Boulevard east to Bartram Springs, to include the Interstate 95 overpass, has been requested to be widened to four lanes. I would encourage citizens to let their state legislators know that they support these transportation priorities.

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

A: Readers can email me at bcc1johns@sjcl.us or call me at (904) 615-7437.



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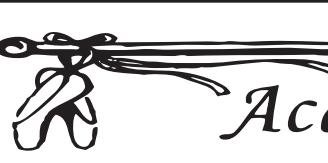
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with Beverly Slough, St. Johns County School Board Member, District 1

Q: With the immense amount of growth in the northern part of the county, can you please clarify how the decision is made to open a new school, particularly a new high school?

A: This is driven by a couple of factors: one is need, which we have. The second is availability of funding. This is an issue because our bonding capacity is very low now since we've recently built so many new schools. But in 2021, the bonds will mature from when we built Creekside and Ponte Vedra high schools and we will again be able to borrow to build another high school. A school district may only borrow 75 percent of the annual yield of the 1.5 mills capital outlay levy and we are right up against it. For information, it costs between \$60 million and \$80 million to build a high school due to specialized classrooms, a stadium and an auditorium.

Q: Are there any other funding sources, like the half cent sales tax that taxpayers recently approved?

A: When we put the half cent sales tax on the ballot, we had to have a list of items it could be used for, such as building Freedom Crossing Academy, Palm Valley Academy and Picolata Elementary, hardening our school buildings and the specialized radios we purchased that connect the schools directly to the sheriff's office. A new high school was not on the list, so we cannot use these funds.

Q: When do you think a new high school will be built and where?

A: Realistically, I think it will probably be four to five years before we put students in a new high school. As for location, we build where there is the greatest need and right now that is the north central part of the county. When big developments are built, they have to give us mitigation for the students they will bring in and right now we have two

school sites we could use: Twin Creeks has a site on the south side of County Road 210 between Interstate 95 and US Highway 1 and Silverleaf has a site between County Road 210 and State Road 16. We have not decided where we are putting the school yet and we haven't decided on a design yet because it's just too early.

Q: Do you have an update on school security?

A: We have our U.S. Security officers in all schools working out well. Some schools have shared SJSO deputies, but all schools have at least a U.S. Security officer. Additionally, we have shown the active shooter security training video to all students and faculty.

Q: What other news do you have to share?

A: The school district is sponsoring a community meeting called Parenting for Future Success on Sept. 27 at 6 p.m. at Gamble Rogers Middle School. This is the same meeting as the one held on Sept. 20 at Liberty Pines Academy in case anyone missed it. It will have community partners such as Flagler Hospital, EPIC, Children's Home Society, SAYS, and the sheriff's office to help explore mental health, suicide prevention, and drug and alcohol abuse.

Also, Sebastian Middle School was recognized as a model STEM school. The district has been working with the Lastinger Center at the University of Florida to put this in place and the school did so well, they were honored as a model. I'm really pleased for them to receive this accolade.

Q: How can our readers contact you?

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

Your Vote Counts | Elections ahead

By St. Johns County Supervisor of Elections Vicki Oakes

The Nov. 6 General Election is quickly approaching.

An important deadline is coming: Oct. 9 is the deadline to register to vote.

Simply visit our website at www.votesjc.com. You can register to vote online or update your voter information. By using My Voter Status under the quick links, you can also check your record, locate your polling place, request a vote by mail ballot, and view your sample ballot when they become available.

If you prefer to register to vote in person, simply visit your local library or the Tax Collector's Office.

November's ballot will be a very long one with 13 constitutional amendments. Although legal challenges have been made to remove some of the amendments from the ballot, time will tell. Be sure to visit our website often and check under "What's New." We will be adding some research materials for you particularly on the judges and the amendments.

You may wish to consider voting by mail to avoid lines at your precinct on election day. Requesting a ballot is simple: you can call the office at (904) 823-2238 or use the online request

form available on our website. Vote by mail ballots are mailed 35 days prior to the election, so you will have plenty of time to do your research, vote and return your ballot prior to Election Day. The deadline for requesting a ballot to be mailed for the General Election is Oct. 31.

Early voting will be held between Oct. 24 and Nov. 3. There will be seven early voting locations open in St. Johns County from 8 a.m. – 6 p.m. daily where you can cast your ballot in person. We will be publishing the locations a little closer to the election, and the information will be included on your sample ballot.

Sample ballots will be mailed to all registered voters to help you prepare for the long ballot. They are scheduled to be mailed the first week in October. They will also be available on our website around that time.

My staff and I are always ready to assist you and we will make it easy for you to vote. Visit our website (www.votesjc.com) or call the office at (904) 823-2238 if you have any questions or need assistance.

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Property Appraiser: (904) 827-5500

Eddie Creamer, sjcpa@sjcfi.us

Supervisor of Elections: (904) 823-2238

Vicky Oakes, voakes@votesjc.com

Tax Collector: (904) 209-2250

Dennis Hollingsworth, taxcollector@sjctax.us

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St. Johns County Board of County Commissioners

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Jimmy Johns, bccljohns@sjcfi.us

District 2: (904) 209-0302

Jeb Smith, bcc2smith@sjcfi.us

District 3: (904) 209-0303

Paul Waldron, bcc3pwaldrone@sjcfi.us

District 4: (904) 209-0304

Jay Morris, bcccd4@sjcfi.us

District 5: (904) 209-0305

Henry Dean, bcccd5hdean@sjcfi.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

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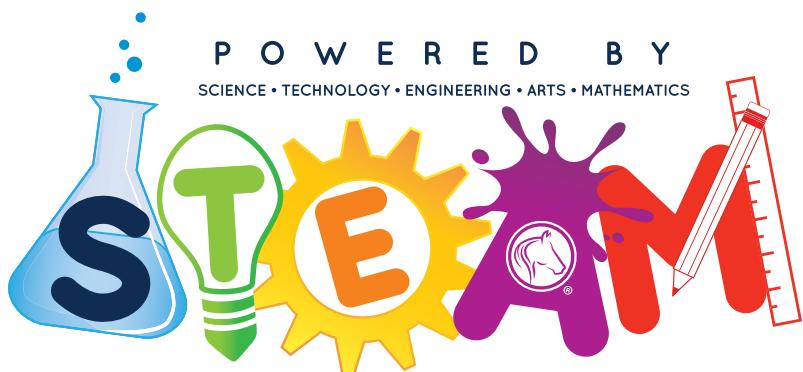


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with St. Johns County Property Appraiser
Eddie Creamer

Q: Now that TRIM notices are out, what is next for the Property Appraiser's office?

A: We will be undergoing a major change in the next 12 months in our office, although it will be seamless to property owners. For the past 13 years, we have used a specific CAMA (Computer-Assisted Mass Appraisal) software, that is now very obsolete. It is very labor intensive and expensive to maintain. Starting in mid-September, we will be converting to a new CAMA system, which will cut maintenance fees and field time in half.

Q: How is this new system able to do that?

A: It utilizes aerial photography, MLS and Google Earth to do assessments. Right now, our appraisers go into the field with a tape measure, a clipboard and a camera. Soon, they will go out with a tablet that has a built in laser measure, a built in camera, guidance on the most efficient route to a property and real time uploading of data. We will also be able to do some measurements using aerial photography. With our rapidly growing county, we will be able to maintain the same level of staff we have now for the next several years.

Q: How will you pay for the new system?

A: In the last 18 months, we have cut operating costs in the Property Apprais-

er's office by \$390,000 per year, due to a staff reduction of 15 people and a reduction from 15 vehicles to eight vehicles. This is a permanent annual savings and will pay for the new CAMA system in just under two years. The new system will be more efficient and more accurate and represents a true savings for the taxpayer.

Q: When do you expect the new system to be fully functioning?

A: Over the next 12 months, in addition to doing our regular tasks, we will be converting to the new system. This will require a lot of data cleanup and also training, which will be good because, since everyone will be learning the new system together, it will make our appraisal practices totally consistent. Our goal is for next year's tax roll submission and TRIM notices to be on the new system and be fully converted by November 2019.

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

A: Our office is located at 4030 Lewis Speedway Ste. 203, (904) 827-5500. It is open Monday – Friday, 8:30 a.m. – 5 p.m. Also, readers can email me at Eddie@sjcpa.us or call me at (904) 827-5500.

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ST. JOHNS Business Monthly

MarketInsight



Why we invest

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

People talk about investing all the time. People love to tell me about investments they have made, particularly the successful ones. They talk about investing in real estate, precious metals, bitcoins, and even stocks. Sometimes they talk about investing in themselves. That can mean anything from buying new clothes or a car to getting an education. Most people will tell you that an education is a good investment. I concur. I have also heard people talk about investing in things like boats and recreational vehicles. A boat is not an investment. A boat is a hole in the water, surrounded by wood, into which one pours money.

Some of the things that people think are investments are not really investments. Benjamin Graham, who taught Warren Buffett at Columbia defined it this way: "An investment operation is one which, upon thorough analysis, promises safety of principal and an adequate return. Operations not meeting these requirements are speculative." Therefore, investments need to provide the promise of two things: safety of principal and an adequate return. Not every investment you make will deliver those two things, but you need to enter in to them with expectation that, over time, they will provide both.

Time is another key factor. We do not buy investments with the expectation of making a quick return. When we buy something expecting to flip it for a relatively small profit over a short period of time, we are speculating and not investing. There is nothing inherently wrong with speculating, you just need to realize that is what you are doing. You also need

to realize that speculating is no substitute for investing. You need to invest for your future.

My investment expertise lies in the stock market. People talk about investing in stocks, but what does that mean? What is a stock? When people talk about stock they are usually talking about Common Stock. Common Stock is traded in shares. Each share of Common Stock represents an ownership interest in a Corporation. When you buy a share of stock, you are buying an ownership interest in the underlying Company, albeit often a small percentage ownership. If you were to buy 100 shares of Coca-Cola, for instance, you would own one-42.5 millionth of the company. Not enough of an interest to have any say in what the company does, but still enough to share in the profits of the enterprise.

So, why buy stock? You need to buy stock because these huge companies will shape all our futures. We hear it said again and again that multinational corporations have too much power. That is probably true, but it is all the more reason that we need to be invested in those companies. We live in a world where jobs are becoming more transient and where we will be asked to provide for our own futures. Fifty years ago, it was possible to live in retirement, and live reasonably well, without any long-term savings or investments. Those day are gone forever.

Scott A. Grant is President of Standfast Asset Management in Ponte Vedra Beach. He welcomes your comments or questions at scottg@standfastic.com.

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Business people mingle at St. Johns County Chamber After Hours event

The St. Johns County Chamber of Commerce hosted a business networking event at Memorial Emergency Hospital on Race Track Road on Aug. 30 from 5 p.m. – 7 p.m. Business people from around the NW St. Johns County area attended, mingled, and enjoyed refreshments.



Check - in table with St. Johns County Chamber Ambassador Melissa Rowe, Sam Ruiz with the St. Johns County Chamber, and Tracey Phillips of Promotional Presence.



Memorial Hospital employees: Dr. Kenneth King (ER physician), Amy Riley (ER Services Administrator), Dr. Fred Jenkins (ER Medical Director), Stuart Thompson (Vice President, Human Resources), Dr. John Lazenby (Chief Medical Officer), Matt Sartorius (Administrative Resident); Brad Talbert (CEO), Mary Reval (Chief Nursing Officer), Heather Rutledge (Julington Creek ER Nurse Manager), Cory Darling (Chief Operating Officer) Andy Miller (CFO), and Sonia Baughman (ACFO).



Matthew Tarantino with Innovative Financial Solutions and Joan O'Donoghue with PNC Bank.



First responders in the area were invited to enjoy some of the delicious food.

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Briefs

Record number of summer teen volunteers at retirement community

Westminster Woods on Julington Creek welcomed a record number of teen volunteers this summer, as 73 students from area middle and high schools provided more than 3,000 service hours.

The application and orientation process took place in May, and students began their service in June. Volunteer opportunities were available in the three different areas of campus: the skilled nursing center, assisted living apartments, and independent residential living. Students made their own choices of how to serve, including opportunities to visit with residents, play games, go on off-campus outings, help with water aerobics classes, or assist in campus departments like physical therapy, maintenance, or the beauty shop.

Nidhi Bhide, a second-year volunteer and a student at Nease High School said, "I enjoyed seeing all of the residents of the health center again. I loved getting close with them, hearing about their pasts and interesting stories, playing games with them, and even just



Photo courtesy Pam Benfer

Teen volunteers helped out in the dining hall.

simply keeping them company and talking with them. I would 100 percent recommend the program to all students who are not only interested in getting service hours but having fun doing it. It's a great way to try out different types of volunteer work, as Westminster has many different departments for everyone. The experience is always eye-opening as students get to learn a lot about the past through the stories of the residents. I am always amazed to hear about how things were in their lives and how they have changed now."

Even though schools are back in session and teens have resumed their busy schedules, there are still volunteer opportunities at Westminster Woods. Students, adults, and groups are welcome to apply; contact Pam Benfer, Director of Volunteers at (904) 287-7181.

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INK! (Investing in Kids) benefits from Nights of Lights

Old Town Trolley, St Augustine's premier trolley experience, supports INK! (Investing in Kids) during the oldest city's holiday tradition, Nights of Lights. Old Town Trolley will donate \$1 for every pre-sold ticket with 100 percent of the proceeds helping to provide innovative programs and classroom resources that further the academic success of all St Johns County public school students.

"Our teachers are reaching into their pockets spending hundreds of dollars of their own money to help students reach that 'aha' moment," said Dave Chatterton, Director of St. Augustine Old Town Trolley. "We want to inspire the community to help bridge that gap. By partnering with INK!, we can make the difference for numerous teachers and students."

Donna Lueders, executive director of INK!, said, "We are delighted that Old Town Trolley has agreed to partner with us. The Old Town Trolley executive team as well as their cast members are the spirit behind the holidays. What better way to celebrate the season with Old Town Trolley and INK! giving support to our beloved students and teachers. Your website ticket purchase is giving them the gift that keeps on giving... One for the Kids!"

Visit www.trolleytours.com/st-augustine/nights-of-lights for more information or to purchase tickets.

HAWKE holds annual fundraiser

The 21st annual Dinner for the Birds will be held on Sunday, Nov. 11 at 5 p.m. in the private upstairs dining room at Raintree Restaurant in St. Augustine. Patrons will enjoy dinner of potato leek soup, warm romaine wedge salad, sauteed pork scallopini, and a chocolate mousse martini, while supporting

HAWKE's mission of wildlife rehabilitation and environmental education. In addition to the dinner, a birds of prey demonstration will be given by HAWKE President Melanie Cain-Stage. HAWKE is the only wildlife center in Northeast Florida and one of the few in the state set up to raise and care for injured and orphaned bobcats as well as river otters and all species of birds of prey including falcons, eagles, and other difficult species. The dinner is limited to 55 people and the cost is \$85 for HAWKE members or \$90 for non-members. Visit www.hawkewildlife.org or email helphawke@windstream.net to reserve your seat.

New YMCA to open at Flagler Health Village

First Coast YMCA and Flagler Hospital St. Augustine have collaborated to bring enhanced health and wellness resources to World Golf Village. A new YMCA will come to Flagler Health Village, located in the Murabella community, in order to serve the actively growing World Golf Village. As one of the nation's most effective and enduring charitable organizations, the Y's cause is to strengthen its communities. This aligns with Flagler Hospital's commitment to building healthier communities and its 130 year history of caring for the residents of St. Johns County.

While planning and design has yet to be finalized, the Flagler Health Village Y is conceptualized to accommodate 25,000 square feet, and will feature fitness equipment, group exercise studios and an indoor track to help members increase movement and achieve goals. The Y will also provide fitness, prevention and education opportunities for all ages, including a designated Teen Center with specific programming for local youth.

Briefs cont. on pg. 12



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Letters to the Editor

Dear Editor,

The primary has come and gone and with it, most of the commercials and robo calls that go along with it. What may not have gone are the candidate signs.

St. Johns County sign law reads that candidates may post campaign signs 30 days prior to an election; however signs must be removed by three days after the election. The fine is \$250 per sign, per day. The problem is that the county has no one to drive all over the county and look for these old signs. It is up to the citizens to notice the sign and call the county about fining the candidate.

There is one exception. If the signs were for a primary and the candidate won the primary, then that candidate may keep their signs up until three days after the regular election. By that day, all signs for all candidates must be removed.

Participating in an election is long, arduous and expensive. Candidates, don't make it more expensive for yourself by not removing your signs. Thank you to the good citizens who will keep their eyes opened for old signs.

Judy Chandler

Dear Editor,

I appreciate the opportunity to respond to Wayne Curtis' letter regarding my original letter about open primaries in Florida. Opening up primaries is a non-partisan issue. It does not favor one party or the

other. It simply allows the 3.4 million Floridians registered as No Party Affiliation to vote in the primaries and have a say in the candidates that we will all have to choose from in the general election.

Opening up primaries will actually help both parties in the long term by forcing them to return to the big tents that they used to be by forcing them to appeal to more than their extreme bases of voters during the primary phase of elections. This is their opportunity to bring back into the fold the 3.4 million Floridians that are tired of partisan politics and don't want to be associated with either party.

Our country was founded without parties and President George Washington warned us against going down the road of partisan politics. People can and should be allowed to fully participate in the electoral process if they are registered as No Party Affiliation. Forcing registered voters to choose a party in order to have a voice in candidate selection is simply allowing the lesser of two evils duopoly to continue to exist.

Only 13 states do not have open primaries, including Florida. The overwhelming majority of states with open primaries are "red" states in the Southeast and Midwest, so to try and use one state of California as an example of why not to do open primaries in Florida is simply a scare tactic.

But don't take my word for it — do your own research and decide for yourself. Feel free to contact me at uniteamericajax@gmail.com and we can discuss it further.

Perry Waag

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Briefs cont. from pg. 10

"We look forward to partnering with the Y and residents of World Golf Village to truly build healthier communities, together," said Flagler Hospital President and CEO Jason Barret. "This includes a focus on physical health as well as the emotional and economic health of local families and businesses. Our commitment to value includes care offerings that are convenient, accessible and affordable. At the same time, we will never lose sight of Flagler Hospital's unwavering focus on quality, which places us among the top 100 hospitals in America."

In June, Flagler Hospital officially broke ground on Flagler Health Village, located in the Murabella community in St. Johns County. The health village will include 20,000 square feet dedicated to urgent care, advanced imaging, laboratory services, pediatrics, obstetrics and gynecology, primary care and specialty care. Both Flagler Health Village and the new Y are expected to open in summer 2019.

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offering qualified community members the opportunity to earn an accredited high school diploma and career certificate for free through Career Online High School, a program brought to public libraries by Gale, a Cengage company. Career Online High School is specifically designed to re-engage adults into the education system and prepare them for entry into post-secondary career education or the workforce. Currently 8,983 adults in St. Johns County lack a high school degree or equivalent.

The St. Johns County Library System will award scholarships for Career Online High School to qualified learners looking to earn a high school diploma and advance their careers. Students are able to graduate in as few as six months by transferring in previously earned high school credits, but are given up to 18 months to complete the program.

Visit www.sjcpls.org/cohs/ for more information or contact the library's Career Online High School coordinator, Librarian Michelle Kiley at mkiley@sjcl.us.

The Sheriff Reports

By St. Johns County Sheriff David B. Shoar

Halloween safety

Later this month many of our younger children will be taking part in the age-old custom of trick or treating on Halloween. Our goal at the St. Johns County Sheriff's Office is that this event is an enjoyable adventure for everyone and I would like to pass along some safety tips.

Children should only be allowed to trick or treat at homes or businesses they are familiar with. They should trick or treat while it's still light outside, or they should carry a flashlight so they can see and be seen easily. Parents, make sure that your child's costume including masks and wigs are flame resistant; they should also be light in color and clearly visible to motorists. Avoid costumes that are oversized and high-heeled shoes that can cause a child to trip. The costumes should have reflective strips as well.

Children should be reminded to only cross streets at the corners and never cross between parked cars. Young children should never be allowed to go out alone and older children should only go out with small groups. Make sure you set a time when they should be home and know the route your children will be taking. Tell your family on which streets you'll be trick or treating. Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places and don't go off the beaten path. Stay in well lit areas.

Children always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are

many kits available that come with tiny saws that work better than knives and are much safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

If you will be out driving on Halloween, take extra time and watch for children darting in and out from between parked cars. Slow down and pay attention. Watch for children walking on roadways, medians and curbs. Enter and exit driveways and alleys very carefully. And always watch for children that may be wearing dark clothing.

Feed your children a spooky Halloween dinner and instruct them not to eat any treats until an adult can examine them. Also remind your child to never go into the home of a stranger or get into their car. Make Halloween a fun, safe and happy time for your children in hopes that they will carry on the tradition that you taught them and remember; if you see suspicious activity please call the Sheriff's Office or your local law enforcement agency and report it.

Have a Spooktacular Halloween this year and stay safe. Contact me at dshoar@sjso.org if you have a topic you would like to see addressed in this column. Also, there is a host of information on our website at www.sjso.org or be sure to follow us on Facebook, Twitter, Instagram and our newly launched Nextdoor page.

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National Breast Cancer Awareness Month

Pink Briefs

20th annual Pink Ribbon Golf Tournament scheduled

The Cimarrone Ladies Golf Association is hosting its 20th annual Pink Ribbon Golf Tournament on Saturday Oct. 20 at Cimarrone Golf Club. All proceeds benefit Baptist Health Foundation, Cimarrone Endowment.

Last year the event raised \$15,417. Baptist will match 100 percent of monies raised and it will stay local going to Baptist Medical Center South. There are several ways you can help: donation of a gift card/gift certificate, merchandise or services to be used in the charity raffle and silent auction or as a hole sponsor. Gold sponsors pay \$500, which includes paid entry for four players; Silver sponsors pay \$300, which includes paid entry for two players; and Bronze sponsors pay \$100. All hole sponsors get signage on the course.

Registration begins at 6:45 a.m. and then the golf tournament will be a four-person scramble with a shotgun start at 8 a.m., followed by lunch and prize raffle/silent auction. The entry fee is \$85 for non-members and \$65 for members. There will be a Breakfast Buffet for \$5 plus tax from 6:30 a.m. – 8:30 a.m. Anyone can purchase raffle tickets or bid on silent auction items and you do not need to be present to win.

For registration, hole sponsorship or donation information, visit <http://clga.info> and then click on the Pink Ribbon download menu or contact Brenda Bailey at Brenda.bailey55@comcast.net or (904) 287-0723.

Bingo tournament to benefit The Donna Foundation

Bingo for Breast Cancer will be held on Sunday, Oct. 21 from 2 p.m. – 5 p.m. at Shearwater Kayak Club within the Shearwater community. The event is sponsored by Danielle Wright, Coldwell Banker Realty, Shearwater, Hope Floats and Helping Hands of St. Johns County and all proceeds will benefit The Donna Foundation.

The event will include refreshments, door prizes and raffles and of course, Bingo. The cost to play is \$20 for 20 games.

Contact Jackie Valyou at jacqphil@aol.com for more information.

Yes, men can get breast cancer

Breast cancer is less common in men, since they have less breast tissue than women, but it's still possible for guys to get it. The risk of a man developing breast cancer still exists; men make up less than one percent of breast cancer cases.

Signs and symptoms of male breast cancer can include:

- A painless lump or thickening in breast tissue
- Changes to the skin covering the breast, such as dimpling, puckering, redness or scaling
- Changes to the nipple, such as redness or scaling, or a nipple that begins to turn inward
- Discharge from the nipple

Source: MayoClinic.org

Pink Ribbon Symposium promotes nutrition and healthy lifestyles

Now in its 11th year, the Pink Ribbon Symposium, a free breast cancer education, health and wellness conference, will be held on Saturday, Oct. 6 from 8 a.m. – 1 p.m. at the Thrasher-Horne Conference Center in Orange Park. Exhibits open at 8 a.m. and the program begins at 9 a.m. The event is free and open to the public.

This year's theme is "Nutrition and Healthy Lifestyles" and the special featured guests include:

- Aaron Gottlieb, owner, Native Sun Natural Food Market, who will present "The Native Sun Story." He will discuss how Native Sun began and its commitment to quality organic food and healthy lifestyles.
- Heather Borders, MBS, RD, LD/N and Jill Ligon RN, LD/N of Kailo Nutrition, who will present "Nutritious Choices." It's a journey to provide confidence, know how, and the ability to make sustainable and meaningful lifestyle choices that contribute to making healthy happen.

• Area physicians and experts will also present medical breakout sessions on updates on breast cancer and leading healthy lifestyles, which will include: How Molecular Profiling Affects Treatment Decisions; Heart Health and Cardiac Risks; Protecting Your Hearing; Oh, Those Varicose Veins; Family History and Genetics; and Coping with Stress and Anxiety. Participants may ask medical questions during the Q&A at the end of each session. Plus, more than 60 exhibitors will display a variety of insightful products and services on health, wellness, medical services, and beauty. Continuing education (CEU) credits are offered to healthcare professionals.

The mission of the annual Pink Ribbon Symposium, a non-profit organization organized in 2008, is dedicated to educating the Northeast Florida community on recent advances and related topics in the detection, treatment, and survivorship of breast cancer patients as well as the understanding of the importance of healthy lifestyle choices. Visit www.PinkRibbonSymposium.org for more information.

Men from across community raise awareness and funds in the fight to end breast cancer

Several CEOs, chefs, attorneys, busi-

ness owners and a crooner from a popular Jacksonville swing band are among the gentlemen taking part in the third annual Real Men Wear Pink campaign, which features 34 prominent and influential area men taking a stand against breast cancer by supporting the American Cancer Society Making Strides Against Breast Cancer of Jacksonville.

Throughout the months of August through October, Real Men Wear Pink participants will use their creativity, determination and energy to encourage the women in their lives and the community to act in the fight against breast cancer.

Local media member Charlene Shirk returns as Real Men Wear Pink chair, joined by attorney John Phillips, who was the top fundraiser for the 2017 Real Men Wear Pink. Phillips set an individual Jacksonville fundraising record of \$20,324, helping last year's Real Men Wear Pink group raise a total of \$86,000. This year the goal is \$90,000.

"In addition to raising awareness about breast cancer, these men will be raising critical dollars to help the American Cancer Society attack cancer from every angle and save more lives from breast cancer," said Stacy Hanson, the American Cancer Society Making Strides Against Breast Cancer Event Chair and Chief Client Officer, CoventBridge. "Funds raised help us save lives from breast cancer through early detection and prevention, innovative breast cancer research, and patient sup-



Photo courtesy American Cancer Society
2018 Real Men Wear Pink with chair Charlene Shirk

port. No one should have to face a breast cancer diagnosis alone."

According to the American Cancer Society Cancer, this year an estimated 266,000 women in the United States will be diagnosed with breast cancer and an estimated 40,920 will die from the disease. Breast cancer is the most common cancer diagnosed in women (including skin cancer) and the second only to lung cancer as a cause of cancer death in women.

Each Real Men Wear Pink candidate is charged with a fundraising challenge of a minimum of \$2,500 and will compete to be the top fundraiser among the other candidates by the end of the campaign.

Visit http://main.acsevents.org/site/TR?pg=entry&fr_id=90421 for a listing of the 2018 Real Men Wear Pink or to make a donation. The Real Men will be recognized at the Making Strides Against Breast Cancer walk on Saturday, Oct. 13 at 8 a.m.

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Breast Cancer awareness events

September 29

Hope Floats Block Party
12 p.m. – 6 p.m.
Taps Bar and Grill, 2220 County Road 210W, St. Johns
www.thedonnafoundation.org

October 2

SenioRITAS kick off party
5:30 p.m. – 7 p.m.
Pusser's Restaurant
www.the-rita-foundation.org/senioritas

October 4

Pink Ribbon Golf Classic
Ponte Vedra Inn and Club
www.pinkribbonjax.org

October 5 - 6

Third annual Netti Kayak Challenge
Catch, photo and release redfish, trout, flounder

BREAST CANCER SIGNS AND SYMPTOMS

Breast cancer symptoms vary widely — from lumps to swelling to skin changes — and many breast cancers have no obvious symptoms at all.

It's important to have anything unusual checked by your doctor.

According to the American Cancer Society, any of the following unusual changes in the breast can be a symptom of breast cancer:

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk
- A lump in the underarm area

www.breastcancer.org



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October 6

Pink Ribbon Symposium
8 a.m. – 1 p.m.
Thrasher-Horne Conference Center, 283 College Drive, Orange Park
www.pinkribbonssymposium.org

October 6

Cancer Wellness for Women presented by The Pink Ladies and Ackerman Cancer Center
8:30 a.m. – 1 p.m.
First Baptist Church, 1600 S. 8th St., Amelia Island
RSVP: (904) 277-2700

October 8

Tacos for TaTas
5:30 p.m. – 8:30 p.m.
TacoLu, 1712 Beach Blvd., Jacksonville Beach
www.thedonnafoundation.org

October 8 - 10

David Yurman Trunk Show
Pink Ribbon Golf Classic
Underwood's Jewelers

October 11

Pink Ribbon Golf Classic Cocktail Party and silent auction
6 p.m. – 9 p.m.
Marsh Landing private residence
\$100 per person; www.pinkribbonjax.org

October 13

Making Strides of Jacksonville
7 a.m. registration / 9 a.m. walk
TIAA Bank Field - East Club Plaza
www.makingstrideswalk.org

October 17

SenioRITAS Auction Party
6 p.m.
Sawgrass Country Club
www.the-rita-foundation.org/senioritas

October 19, 20, 21

SenioRITAS Tennis Tournament
Sawgrass Country Club
www.the-rita-foundation.org/senioritas

October 20

20th annual Pink Ribbon Golf Tournament hosted by Cimarrone Ladies Golf Association to benefit Baptist Health Foundation
8 a.m. shotgun start
Cimarrone Golf Club
Registration, hole sponsorship or donations: www.clga.info

October 21

Bingo for Breast Cancer to benefit The Donna Foundation
2 p.m. – 5 p.m.
Kayak Club, Shearwater
Sponsored by Danielle Wright, Coldwell Banker Realty; Shearwater; Hope Floats; and Helping Hands of St. Johns County

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National Breast Cancer Awareness Month

In the Pink cont. from pg. 1

them feel more comfortable," Millard said.

She said that sometimes seeing and touching items such as prosthetics and mastectomy bras and knowing what is available can make people less fearful.

"We show them that they can look normal again, and this can be very reassuring," Millard said.

In the Pink, which accepts most major types of insurance, stocks wigs, post-surgical garments, hats, scarves, and radiation skin care among other things. Millard said that men recovering from cancer often get compression garments and everyone can use the radiation skin creams. A new item that has enjoyed good word of mouth is an all natural product that chemo patients can apply to their eyebrows and eyelashes to keep them from falling out.

Millard believes that everyone should be afforded the same dignity when going through cancer treatment and that is where the 501 C 3 status of In the Pink comes in. She is proud that 100 percent of every dollar that is donated via fundraisers and sponsorships goes directly to In the Pink's mission of helping cancer patients in need. Patients with no insurance or who are Medicaid-eligible receive needed items free of charge. Meanwhile, all of the store's overhead is paid by insurance reimbursements and shop sales of items such as scarves, which are not

covered by insurance.

Millard, along with husband Marty, is also known for bringing dragon boating to Jacksonville. She was looking for something she could do to continue exercising and one of her In the Pink clients suggested she check out dragon boating. In 2011, Millard raised enough money to purchase two dragon



The original In the Pink boutique, 522 N. 3rd St.

boats and the Jacksonville Dragon Boat Club was formed. Today, the club has a workout facility and about 80 members of all ages. There are a number of teams, both recreational and competitive, made up of men, women, youth, mixed, and the breast cancer survivor team known as the Mammoglam.

In the Pink has expanded its services to include another location, on Hendricks Avenue in San Marco, to complement the original location on N. 3rd Street in Jacksonville Beach. Free yoga for cancer patients is held on Wednesday mornings at the Jacksonville Beach location.

Visit www.jaxinthepink.com for more information about In the Pink or to make a donation.



Mammoglam stroking in Jacksonville



Yoga for Survivors is held at In the Pink held weekly.

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Get to Know ...

Japke Gosselin

By Martie Thompson
editor@floridanewslne.com

Japke (pronounced "Yapka") Gosselin grew up in Amsterdam, the Netherlands. Her father was a harbormaster and the family lived on a houseboat in the harbor. When she was 12, her doctor recommended she start swimming and by the age of 13, she qualified for the national competition. She represented her country in the Rome Olympic Games when she was only 16 years old; she swam the 100m backstroke. Within a few years, Gosselin said she felt she wanted to have a normal life, away from competitive swimming and since her father had always wanted to go to the United States, that's where she went. She settled in with an aunt and uncle in Oak Harbor, Wash. before moving to Seattle on her next adventure. She worked as a swim instructor for awhile, before learning that she could make more money as a strolling musician, playing the accordion.

Ultimately, she met her husband, John and they both began careers in real estate in suburban Seattle before retiring and moving to Murabella with their grown daughter and two grandsons in 2014. Gosselin is also a breast cancer survivor. She volunteers with Helping Hands and cooks dinner one night per month for the boys in St. Francis House in St. Augustine.

1) How did you come to live in Murabella?

Our daughter, Melanie, and her two sons lived with us in Kent, outside Seattle. She was transferred with her job to this area and my husband and

I decided to retire and make the move too. We have lived multi-generationally for more than 10 years now.

2) What do you like most about living in Murabella?

We like living here. The schools are great for our grandsons, who are now 16 and 14. And we usually wake up with sunshine each day, which we like!

3) What can you tell us about your breast cancer diagnosis?

In 2004, I fell and needed a hip replacement. I told my doctor then and even a few months later that something wasn't right with my right breast. The doctor checked and said it was dense breast tissue, but when I finally had an ultrasound in early 2005, I was diagnosed with Stage 3 breast cancer. I had a mastectomy and chemo and radiation. I was cancer-free for seven years, until 2012 when I found a lump on my left breast. So I had another mastectomy and then had to have my thyroid removed as well. But I'm fine! You have to have a good attitude about all this to survive.

4) What did you do to "give back" after your diagnosis?

My husband and I felt we had to do something after my first diagnosis. I had received a very inspiring greeting card from a friend that really helped me. I still have the card and we used it as a model to make care packages for women going through chemo. We

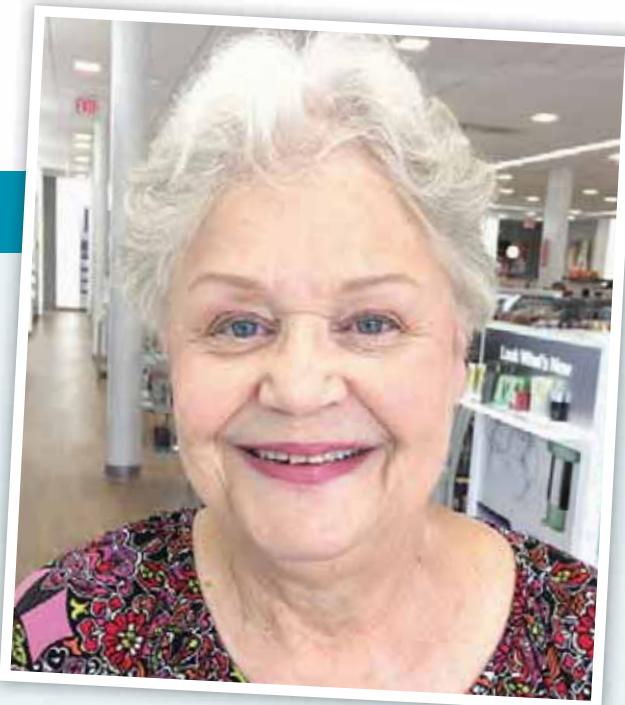


Photo courtesy Japke Gosselin
Japke Gosselin

bought pretty little pink bags and filled them with useful items including the verbiage from the inspirational greeting card and then brought them to the same place I had my chemo.

5) How did you get involved with Helping Hands and what do you enjoy about it?

When I was a realtor in Washington back in the late 1980s, a friend and I started sharing a Costco card. She moved around and we remained in touch and continued sharing the card. When we moved to Murabella, I knew she lived in the St. Augustine area and so we got back in touch. She was a member of Helping Hands and introduced me to the group. How small a world is that?

I like volunteering with Helping Hands because everyone just shows up and then does good work. We have even started making my little pink bags for women undergoing chemo and taking them to area oncologists. I have made a lot of friends in this group.

Get to Know . . .

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

Hope Floats cont. from pg. 1

Finally, on March 31, 2019, Hope Floats will hold its second annual Shop Our Closets event.

"We have asked local women to donate gently used clothing and accessories. We put everything in a boutique-like setting where nothing costs more than \$20. Last year we raised \$3,000 in just three hours, so we know this will be a successful event," Henderson said.

Henderson pointed out that one in eight women will be diagnosed with breast cancer and fewer than 10 percent of them have a family history of the disease. Hope Floats is passionate about getting women to be proactive with their health via prevention and early detection. The ultimate goal, of course, is for women to not get breast cancer.

"Our future, long term plan is to be a liaison to link all the pieces together," Henderson said. "There are so many great organizations locally for breast cancer patients and they all offer something different: support, education, financial assistance. You just need to know where to go."

Henderson said Hope Floats is always looking for sponsors, including corporate sponsors. Donations may be made on the Donate tab of www.thedonnafoundation.org and you can keep up with the group's events on the Events tab. For more information, call Kerri Henderson at (904) 657-9376 or email hopefloats4breastcancer@gmail.com or check out their Facebook page, Hope Floats to benefit The Donna Foundation (events, races, etc.)

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School Briefs

New supervisor announced for LEE

Language Exploration Enrichment (LEE) has announced the appointment of Yamile Abdalah Hernandez as supervisor for the Language Exploration Enrichment Spanish program, an after school Spanish program that is offered to all regular and extended day students at 17 St. Johns County elementary school locations.

Hernandez has been involved with LEE since the early stages of the program but began to formally teach in 2016. She is licensed through the Instituto Cervantes de la Lengua Hispana to teach Spanish and has taught at San Juan del Rio Catholic School.

Hernandez will be responsible for managing the relationships with the schools, registration, coaching and evaluations, and professional development. In addition, she will be representing LEE at the upcoming Florida Foreign Language Association (FFLA) this October in Orlando.

Visit <http://leestjohns.pbworks.com> for more information about the Language Exploration Enrichment (LEE) Program.

Palencia welcomes students back to school

On Aug. 10, Palencia Elementary swung open its doors and welcomed 817 students to a brand-new year. Since opening day, enrollment has increased to 842.

This new year Palencia Elementary is not only welcoming new and returning students, but also several teachers new



Photo courtesy Meghan Hancher

Second grader Evan, kindergarteners Aidan and Owen and fourth grader Olivia Hancher on the first day of school.

to the school. The new grade level teams have been working hard all summer to bond, grow the PLC (Professional Learning Community) process, and put together solid, engaging curriculum for the students.

The Palencia PTO has also worked hard to fill the fall calendar with fun opportunities for people to get involved with the school, or just join in for enjoyable events. Last year's fundraising efforts allowed the PTO to purchase a sunshade for the school playground. The sunshade had become a necessity because of the new, as of last year, state mandate for more recess time. And now thanks to the efforts of the PTO and the events they host, school sponsors and supportive families, the sun shade is being installed to offer a respite for the students from the hot Florida sun.

The PTO fundraising year already kicked off with the ever popular Boosterthon. This is always a favorite event with the students and this year was the most successful Boosterthon yet – raising more than \$45,000 for the school.

Monday, Oct. 8 is the Fore the Kids Golf Tournament. Registration will begin at 11 a.m. with a 1 p.m. shotgun start at the Palencia Club. Honda of the Avenues and the Palencia Club are this year's title

sponsors. There will be an awards dinner on the upstairs lawn of the Palencia Club that will feature music, prizes, raffle, silent auction and dinner catered by Harry's Seafood and Salt Life Food Shack. You don't have to be a golfer to enjoy this event and the money raised this year goes to support the school being a digital 1:1 school. Register online at palenciaforethekids.com.

Friday, Nov. 9 is the Family Movie Night on the soccer fields at Palencia. This is a community event that is put on by the PTO and is free of charge. Bring your chairs and blankets and enjoy a movie under the stars with your family and friends. There will be food and snacks available for purchase.

Grandparents Day will be celebrated at Palencia Elementary on Monday, Nov. 19 and Tuesday, Nov. 20. These are special days for the students to invite their grandparents to share a meal with them and show off their school. Make sure that all grandparents are approved volunteers so that they are able to attend. Find the application on the school's website at <https://stjohns.keepntrack.com/apply/>.

Read the school's newsletter, The Pirate Post, and check the PTO website, <http://palenciaelementarypto.weebly.com>, for more information regarding dates for the fall kickback events.

Liberty Pines Academy back to school update

Liberty Pines Wolves have returned to a busy year at school.

First, the school now offers a journalism class for eighth graders. Students will contribute to the monthly school news-

letter with articles and interviews.

Middle school grades will experience a plethora of new things this school year, including a revised daily bell schedule, a new demerit system and new bussing. Liberty Pines has opted to change to periods instead of blocks, so that each class length is the same and "skinny" classes are now a thing of the past. Also added for our middle schoolers this year is a new demerit system. It was decided that many infractions did not deserve a referral, so the demerit system should help students stay on track — in and out of class. Students with fewer than four demerits per quarter will get a reward for doing so. So many students ride the buses to and from school that most parents are aware of the bussing changes made this year with the elementary and middle grades being placed on busses together. School administration asks for everyone's patience, as this system is new and may take a bit to get just right.

The school recently welcomed Donnie Hoessler as assistant principal. Hoessler is a University of Central Florida alumnus and has plenty of experience from both Switzerland Point Middle School and Julington Creek Elementary.

Volleyball tryouts were held in August and in addition to new teams, the school has a new coach for both the boys' and girls' teams, Traci Wurstner. Everyone is invited to come out and support the Wolves when they play on Oct. 2, 9, 11, and 16. Football is in full swing as well, with games on Oct. 3, 10, and 17. Visit sjmsaa.com for the full schedule for all middle school sports and be sure to wear your LPA gear on Fridays, which are designated spirit wear days.



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Five tips to kick off the school year right

By NewsLine Staff
mail@floridanewslne.com

"School is back in full swing, and now is the time to set habits that will last through the year," said Janet Gonzalez, Center Director of the Huntington Learning Center.

Gonzalez, a 25-year education veteran, offers these five tips to help make the most out of the upcoming school year.

Set the proper mindset: View this year as a new opportunity. If your child had any school issues or problems last year, encourage them to think of this new school year as a chance to start anew. Remind your child of the best parts of the previous school year — a friendship, a favorite activity discovered or a goal achieved. An optimistic outlook can go a long way.

Stay ahead of the grade: Don't wait to address problems. If academics were a problem last year, it's unlikely that the problem went away. Weak skills may still exist and should be addressed. Any change in your child's demeanor or problems arising with certain subjects, investigate immediately. By report card time your child may have fallen far behind, so arrange a time to speak to the teacher

immediately if you have concerns or see your child struggling with homework.

Establish open communication: Good communication and parental involvement are key to student success. So, if you weren't as involved last year as you would have liked, make it a priority now. And remember that being involved isn't as complicated as it sounds. Talk with your child about school. Stay in touch with their teacher. Keep apprised of what your student is learning and do your part to make homework and studying a priority.

Get organized: This goes for you and your child. Set up a homework area. Prepare an organizational system for paperwork that comes home and teach your child to use this system. If your family works best on a schedule, sit down with your child to discuss a nightly routine that you can all stick to.

Set goals: Sit down as a family and have your child set three to five goals and discuss how they will achieve them. Revisit these goals on a weekly basis and discuss progress and what support may be needed.



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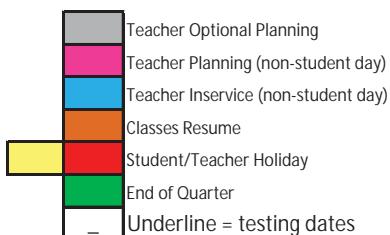
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2018 - 2019 St. Johns County School Calendar

OCTOBER 2018

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		



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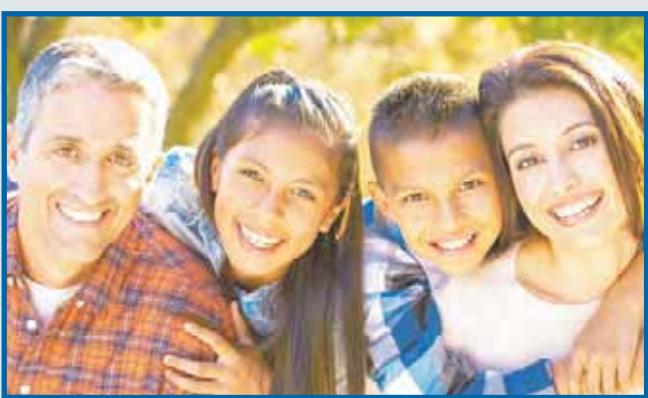
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BTHS Happenings

New school year welcomes Bartram Trail freshmen

By Delaney Cantrell

At the beginning of each year, the students and staff of Bartram Trail High School have a special way of making sure the incoming freshmen feel welcome and comfortable. Starting this new phase of their life is a scary time, but their transition is made easy and fun with a program implemented at Bartram called Link Crew.

"Link Crew is a freshman orientation and transition program that utilizes the leadership skills of high school juniors and seniors to help freshmen have a positive, successful start in high school," said one of Link Crew's coordinators and school counselor, Michelle Sterling.

The process of choosing juniors and seniors to become Link Leaders consists of an application with basic interview style questions and an essay. A committee then reviews the applications and chooses who they believe would be the best fit in mentoring the incoming freshman class.

According to another Link Crew coordinator and freshman counselor, Tami Treaster, "For the 2018 – 2019 school



Photo courtesy Tami Treaster

Members of the BTHS Link Crew, and stresses the importance of becoming involved in clubs and groups.

"Link Crew orientation is phenomenal," said Sterling. "Students are welcomed and wow-ed."

Beginning with an opening assembly in which the students come together for the first time as a class, the orientation serves as a way to get the new students excited about the adventure ahead.

Sterling said, "The students then break into small group sessions led by their Link Leaders where the ninth graders have an opportunity to meet new classmates and to make connections with each other. Orientation concludes with a group tour of campus after students are given their class schedules."

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It is the Link Leaders' responsibility to stay in touch with their freshmen throughout the year and check on their progress. Their goal is to make the freshmen feel like they have someone to come to if any questions arise or if they are having any issues in their transition. One way they achieve that is by wearing their Link Leader t-shirts on the first day of school. This provides a sense of comfort to the new freshmen and lets them know that those in the familiar blue t-shirts are trusted sources to whom they can ask questions.

Link Crew has been a huge success in getting freshmen acclimated to their new home for the next four years.

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Raiders say, "Choose KIND"

By Katelyn Moody
mail@floridanewsline.com



Photo courtesy Adri Ferrara

Katelyn Moody, Anna Carey, Mikayla Waters, Sara Valentino, Tori Standley, Abby Deckard, Kai Cowen, Gabriel Naspolini, Ella Cavanaugh, Maddie Martin, Josie Marabell, Allison Brown, Erika Vitale, Kylie Luber, Erin Colbert, Maddy Macedonio, Miriam Amatangelo (WEB Coordinator), Ella Jackson, Haley Evans, Grace Patterson, Amber Parker, Ava Kirby, Emma Grant, Reese Henley, Liam Stevenson, Matthew Brown, Thalia Gatling, Garrett Campbell, Maya Araman and Rylee McGill with the Choose KIND board.

Students from Switzerland Point Middle School pitched in to help their school become a better place with a new bulletin board to celebrate kindness. "Choose KIND" is the school theme this year and the WEB leaders — eighth grade students leading the Where Everybody Belongs program — decided that choosing kind is crucial to having good

acts are posted in the main hallway.

Ron Hall said, "Together we can change the world, just one random act of kindness at a time."

Some of the many acts of kindness reported include greeting each other in the mornings and before class, picking

character and being a great leader.

The WEB Leaders asked students to be on the hunt for acts of kindness around the school. When they see someone "choosing kind," the students can describe it on a sticky note and return it to the WEB Leaders. The WEB Leaders post the sticky notes on the new "Choose KIND" bulletin board. Students leave their mark in the history of Switzerland Point as their kind

up spilled items, and being willing to take action.

One student said, "I was absent for a few days and she really helped me catch up on many of my classes. She has been nothing but nice to me the whole year."

With kind acts being put on the "Choose KIND" board (or not), Raiders are always looking for ways to help out in their community and "Choose KIND."

Within the first week of this project, they received 58 Choose KIND notes from all different grades in the school.

Another student said, "The board in our hall is like a blank canvas, and every time we decide to go out of our way to help others, is another stroke of paint adding to a mural of joy as we make daily decisions to choose kind. Walking by our metaphorical canvas, I see faces light with pride for their classmates that were recognized for helping out and being the best they can be."

Katelyn Moody is a student at Switzerland Point Middle School.

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Boy Scout Troop 312 has busy summer

Thirty-two Scouts from the Troop 312 attended summer camp at Camp Rainey Mountain in Northeast Georgia in mid-June. The troop was voted as "Most Outstanding" by the camp staff. In late June, 12 Scouts and four adults headed to Ely, Minn. for an extremely challenging canoe trek into Canada. Finally, the troop held its summer Court of Honor on Aug. 4, at which time Will English was awarded his Eagle Scout badge. For his Eagle Scout project, English directed the construction of two agility courses for the dogs at the St. Johns County Pet Center. In the coming year, the troop has planned seven weekend campouts, including two at Camp Shands during which the Scouts will be learning firearm safety. Summer camp for next year will be at Camp Woodruff in North Georgia. Troop 312 meets at Pacetti Bay Middle School on most Mondays from 6:30 p.m. until 8 p.m. Youth must be 10 years old and have completed fifth grade to join the Boy Scouts of America. Contact scoutmaster312@gmail.com or visit www.troop312.net for more information or if you have a child interested in joining Boy Scouts.



Photo courtesy Leslie Anderson

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Hollingsworth celebrates 40 years of service

By NewsLine Staff
mail@floridanewslne.com

The St. Johns County Board of County Commissioners recognized Tax Collector Dennis W. Hollingsworth for 40 years of dedicated service to the residents of St. Johns County on Aug. 21, 2018 at Tuesday's regular Board of County Commissioners meeting.

Photo courtesy St. Johns County Tax Collector's Office
St. Johns County Tax Collector Dennis W. Hollingsworth was honored for his 40 years of service to St. Johns County residents.

was elected St. Johns County Tax Collector and he has held the office ever since.

As Tax Collector, Hollingsworth is responsible for numerous expansions and improvements in services offered to the citizens of St.

Johns County. The office now incorporates the Division of Driver's License for the Florida Department of Highway Safety and Motor Vehicles. The office collects taxes and non-ad valorem assessments for various taxing authorities and also handles tourist development tax collection, business tax receipts, beach pass sales, hunting and fishing licenses, child safety restraint inspections and concealed weapons permits.

Hollingsworth graduated from St. Augustine High School and received his associate of arts degree from St. Johns River Community College. He then earned a Bachelor of Business Administration degree from Stetson University, and a Master of Business Administration from Jacksonville University.

Hollingsworth began working for St. Johns County Tax Collector Winnie Hill in 1978. At that time, the county government occupied the building that is now the Casa Monica Hotel on Cordova Street downtown. His first duties were as a field inspector and title clerk. Six years later, Hollingsworth

A native of St. Augustine, Hollingsworth maintains strong ties and involvement with the St. Johns County community. He and his wife Jan (Feltner) Hollingsworth have twin sons, Shelby and Colby. He is an avid runner, enjoys studying the Bible, and spending time with his family.

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Helping Hands

By Jackie Valyou
mail@floridanewsline.com

Helping Hands of St. Johns County will meet on Friday, Sept. 28 at Faith Community Church, 3450 County Road 210W at 10 a.m. The group will be working on favors and table decorations for its upcoming Bingo for Breast Cancer event. All supplies will be provided, but hands are needed to help. This major fundraising event will be held at Shearwater Kayak Club, on Sunday, Oct. 21 from 2 p.m. – 5 p.m. All proceeds will be donated in honor of Breast Cancer Awareness month to The Donna Foundation. Helping Hands is working with local fundraising group Hope Floats to host this event. This fun afternoon will include Bingo, golf package raffles (St. Johns Golf and Country Club and South Hampton),

door prizes and free refreshments for those attending. The cost is \$20 for 20 games, with extra cards available for sale at \$1 each. All prizes will be awarded in gift cards and donated items.

Checks should be sent to Jackie Valyou/ Helping Hands, 1180 Stonehedge Trail Lane, St. Augustine, FL 32092; make your \$20 check payable to The Donna Foundation, with Hope Floats in the memo line.

The group's October meeting, on Oct. 26 at Faith Community Church, will be the special yearly Christmas tree decoration day for Community Peds Hospice. All trees have been donated, but decorations are needed for them. Helping Hands has been donating two to three foot trees for Community Peds Hospice's annual party for families for eight years. The families

then get to take their special tree home. If you would like to decorate a tree at home and bring it, that would be fine. Trees in previous years have been decorated in Barbies, balls, garland, shells, golf stuff, nuts and bolts and many other creative themes. There will be a contest at the meeting for most creative, prettiest, and all over beauty.

Helping Hands is a volunteer group that meets the last Friday of the month at Faith Community Church at 10 a.m. to do small projects for a different charity each month. There are no dues, officers or stress. You come when you can, and we do what we can with what is donated. We collect no money and rely solely on donations of goods and services. Helping Hands is beginning its 12th year. All are welcome. Contact jacqphil@aol.com for more information.

Westminster Woods on Julington Creek welcomes artist Marie Shell

By Karen Estella Smith
mail@floridanewsline.com

Westminster Woods on Julington Creek warmly welcomed back watercolor artist Marie Shell with an opening reception on Thursday, Sept. 5. Shell taught weekly painting classes at the retirement community in 1985 and 1986. The opening reception was attended by residents, family, friends, and fans of Shell's work, which spans more than four decades.

Shell's artistic journey started in Atlanta, Ga., at the age of four. Shell's parents recognized her passion for drawing and painting, and enrolled her in art lessons at the Atlanta Museum of Art. She continued training over the next 20 years using a variety of mediums including oil, acrylic, watercolor, collages, batik, pottery, weaving, pastels, papermaking, trapunto, copper enameling and portrait. The exhibit at Westminster Woods includes a variety of these mediums, touching on realism, impressionism, and abstract.

Of these, Shell said, "My favorite is watercolor for its wonderful surprises."

Her top goal was to earn a signature membership the National Watercolor

Society, which she attained after 13 years. Honors include accolades from the Georgia Watercolor Society, Florida Watercolor Society, Southern Watercolor Society, Kentucky Watercolor Society, North Coast Collage Society, and Mississippi Watercolor Society. She is also a founding member of the Jacksonville Watercolor Society.

Over the years, Shell has been featured in numerous exhibitions across the United States, earned more than 50 awards, and been published in eight art books.

Westminster Woods residents Arthur and Mary Nissen have three Marie Shell originals in their home. Nexus, the city landscape, was one of Shell's last oil paintings.

"I delight in the thought that part of me, a very valued gift, will live long after I am gone," Shell said.

Marie's Journey will be on display in the Museum at Westminster Woods on



Photo courtesy Karen Estella Smith

Julington Creek through the month of September.

Karen Estella Smith is Development Director, Westminster Woods on Julington Creek.



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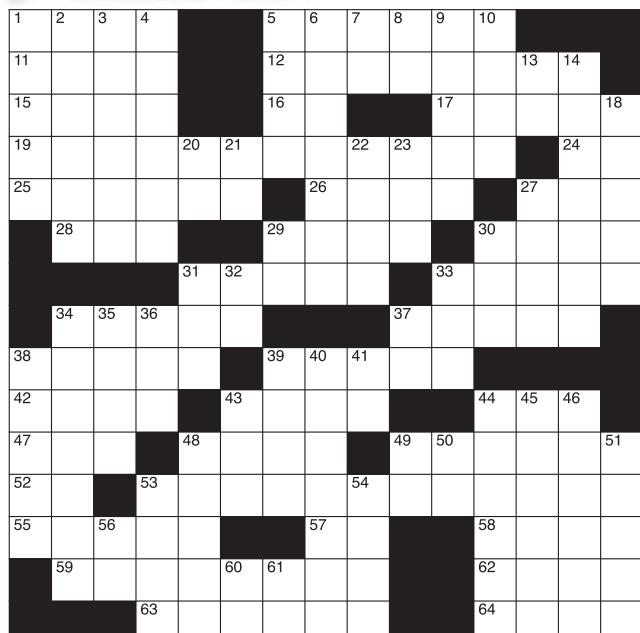


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Answers on page 3
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A. 24 22 3 12 10 7

Clue: Metal devices

B. 23 15 22 10 7

Clue: Filament

C. 10 5 3 7 9 15 12

Clue: Stretchy

D. 7 9 22 3 15 11 17 9 10 8

Clue: Align

CLUES ACROSS

- Plural of ascus
- Repents
- British School
- Adhesive to catch birds
- Male children
- Oil company
- Intestinal
- Money slogan
- 2nd tone
- In actual truth
- Belgian-French River
- Rural Free Delivery
- Midway between S and SE
- Texas armadillo
- 2nd largest Hawaiian island
- Pile up
- Changes liquid to vapor
- Yemen capital
- Byways
- V-shaped cut

CLUES DOWN

- Painting on dry plaster
- Daminozide
- Papa's partner
- -fi: fiction/movie genre
- 1st Soviet space station
- Latvian capital
- Come into view
- Blue Hen school
- Maine water company
- Picture & word puzzle
- Atomic #18
- Xiamen dialect
- Being overzealous
- One who did it (slang)
- Night breathing noises
- A minute amount (Scott)

- The inner sole of a shoe
- A French abbot
- Moves stealthily
- An alternative
- 39th state
- Lotus sports car model
- River fill
- Of I
- Many noises
- Ghana monetary units
- Actor Hughley
- The Cowboy State
- Jests at
- America
- Surprise attack
- Daddy
- Extinct flightless bird of New Zealand
- Express pleasure
- Cellist Yo-Yo
- Bronx cheer
- A more firm substance

- Essential oil obtained from flowers
- Company that rings receipts
- Largest church in Christianity
- Capital of Wallonia
- Heroic tale
- Send forth
- The Golden State
- 1/1000 of an inch
- Angel of the 1st order
- Ukrainian peninsula
- Disregard
- Colophony
- Spanish be
- Military policeman
- Cleopatra's country
- Br. drinking establishments
- Removes moisture
- Liberal Arts degree
- Execute or perform
- Atomiz #77

STRAIGHT TEETH WORD SEARCH

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

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

WORDS

ADJUSTMENT
ALIGNED
APPLIANCE
APPOINTMENT
ARCHWIRE
BAND
BITE
BONDING
BRACES
BRACKET
BUCCAL
CEMENT
CHAIN
CONSULTATION
CROOKED
DECALCIFICATION
ELASTICS
EXPANDER
EXTRACTION
FORSUS
IMPACTED
IMPRESSIONS
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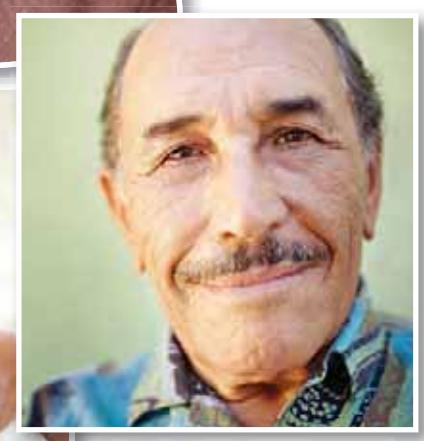


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Taming the restless natives

By Dianne Battle
mail@floridanewsline.com

A rainy summer had given too many of the plants in the Freedom Butterfly Garden and Heritage Garden in Alpine Groves Park an opportunity to overrun their assigned plots. Some non-native plants had settled in, and some native species were crowding out other natives. Since the purpose of a native plant demonstration garden is to showcase a variety of native plant and pollinator species to the public, the garden needed serious "rebalancing."

The Garden Club of Switzerland would like to extend a sincere thank you to Tyler Phillips, members of Boy Scouts of America Troop 180, and their volunteer assistants for their work in our Alpine Groves Park gardens.

While the group was getting organized, garden club president Mickey Fraser gave the scouts a tour. Many butterflies were identified: gulf fritillaries, zebra longwings, swallowtails, and skippers, and their nectar flowers and the host plants that provide food for their caterpillars. Florida native plants provide a natural source of nourishment and protection for indigenous insects, birds, reptiles, and mammals. Scout mom Debbie Phillips said her favorite flower was the passion flower or maypop, which is a host plant for both gulf fritillaries and zebra longwings — both were present in abundance that morning.

Troop 180 Boy Scouts Tyler Dansen, Tyler Phillips, John Day, Charles Phillips, and volunteer Shelby Gold.

A few hours later, the jungle that was the garden had been tamed. After they removed the excessive growth, the volunteers prepared the soil and sowed native gaillardia, coreopsis, rudbeckia, and red salvia. The remaining plants now had more space, which meant better access to sunlight, soil, water, and air flow — and a healthier garden.

The project to restore order to our gardens was only one of many accomplishments Life Scout Tyler Phillips completed to be eligible for the highest honor a Boy Scout can achieve — Eagle Scout status. Taming the "jungle" that our butterfly garden had become was a community service entailing a lot of sweat, hard work and planning, as well as a mastery of leadership skills on Phillips' part.

Learn about our garden at www.switzerlandgc.org and visit us at a monthly meeting.

Dianne Battle is a Master Gardener, St. Johns County



Photo courtesy Dianne Battle

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Gardening

The autumn garden

By Master Gardener Lesley Arrandale
mail@floridanewsline.com

and migrants alike, and it won't be long before our winter visitors begin to arrive, needing a restorative meal.

Hummingbirds and pollinators alike are seeking out nectar-rich fall-blooming flowers like firespike (*Odontonema cuspidatum* or *O. strictum*), Mexican sage (*Salvia leucanthum*), goldenrods (*Solidago spp.*), asters (*Aster* or *Symphyotrichum spp.*), ironweed (*Vernonia spp.*), dotted horsemint (*Monarda punctata*, a prolific self-seeder), wild ageratum (*Conoclinium coelestinum*), which is an incredible insect magnet, but can spread aggressively if the roots aren't kept in bounds), pineapple sage (*Salvia elegans*), and blazing star (*Liatris spp.*). Do your homework to determine which species suit your location, and plan to add those to your garden. Early fall is a good time to plant hardy perennials, but hold off on planting tender species until the spring.

Flowers that bloom in the fall make great decorations for Halloween. Look for autumn shades of chrysanthemums ("mums"), and other orange, red or yellow blooms and berries. If you're aiming for a really spooky look, try draping Spanish moss around your decorations. For indoor use, freeze the moss for 24 hours in plastic bags to kill off any insects.

As you plant your cool season vegetable garden, make sure to scout regularly for insects and caterpillars. Cut worms make short work of small transplants and the problem can be avoided by using a protective barrier like a short section of kitchen paper tube around each plant. There is nothing quite as disheartening as finding your lovely new transplants completely destroyed.

Mary Puckett, the Urban Garden Assistant who has been so crucial to training master gardeners in the subtleties of vegetable gardening, and for the assistance she and her helpers have given to community gardens around Jacksonville and the beaches area, is also retiring. We wish her well, and I for one thank her for her contributions to A New Leaf, including her latest article "A successful garden takes planning." How true that is!

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Fishing

Capt. David's Fishing Report

By Captain David Lifka
mail@floridanewsline.com

In recent years, over the summer months and into early fall, we have been fortunate enough to experience some of the best fishing and shrimp anyone could remember. Shrimp were filling cast nets with counts of more than 100 per throw. Limits of slot sized reds were being caught just about anywhere in the river where you decided to soak a live shrimp. Flounder, black drum, and yellowmouth trout were right there at your favorite croaker hole with tarpon and dolphin rolling as far south as Green Cove Springs. Yes, fishing was good.

Now we come to the summer and fall of 2018. What a difference this year has been to recent years and actually recent decades. In the past, we have always had to deal with some type of weather related interruption to our summer and fall fishing season. This would usually be the result of rainy spell of a couple of weeks or so, or possibly the passing of some kind of tropical disturbance. Usually a week or two following the weather inconvenience, fishing would come back with a vengeance, and everyone would be happy — but not this year.

Because of the exceptional amounts of above average rainfall throughout much of the entire St. Johns River, for the first time that many can remember, fishing has only gotten worse instead of better as the summer and fall progressed. This does not exclude all fishing on the river, as freshwater fishing has remained somewhat decent. But what it does include is any type of annual shrimp run, and the showing of the variety of saltwater species that

invade our normally brackish waters.

On the bright side, the freshwater catfish bite has been strong. Dead shrimp, bottom fished anywhere from Green Cove Springs to San Marco should result in some pretty good results. The bream bite should be strong and abundant all the way out of the creeks and into the river, especially on the end of docks. Even largemouths are making their presence known in these same areas. Don't be afraid to work the docks.

Areas closer to the ocean should be affected less and should produce some good fall fishing. St. Augustine, Palm Valley, Beach Boulevard, Ft. Caroline, and Mayport areas of the St. Johns and Intracoastal Waterway should all be hot spots right up to late November. The annual migration of bait fish traveling south should also produce some very good surf fishing for the rest of the fall months.



This month's Catch of the Month photo is of Chris Joyner of Fruit Cove, who caught black drum in early August on the Intracoastal Waterway using dead shrimp and fiddler crabs as bait.

Fishing Report: Freshwater fishing should be at a premium. Fall bass, bream, and catfish should be readily available in just about any freshwater location. Migrating bluefish should be in good numbers in the surf. Cut fish or finger mullet with a short wire leader should help you land limit catches.

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

Email your *Catch of the Month* photo to catchofthemonthpictures@gmail.com. Be sure to include the name of the person(s) in the photo, the name of the person who took the photo, the type of fish and date and location of the catch. We will select a photo each month for publication.

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Financial advisor takes part in Alzheimer's awareness relay walk

By Martie Thompson
editor@floridanewsline.com

Chance Owen and Mitch Wright, of the financial services firm Edward Jones, recently took part in a historic event — a transcontinental walk across America to fight Alzheimer's disease. Edward Jones launched the Walk Across America, a one-time, 16-week relay-style walk across 12 states, to raise awareness about the impact of Alzheimer's disease. The oldest city on each coast served as the trailheads for Walk Across America, leaving from San Diego on July 9 and from St. Augustine on Aug. 27. In teams of approximately eight, more than 1,000 Edward Jones financial advisors and branch office

administrators will complete the 3,100-mile journey relay-style. Each team will carry a hand-carved walking stick, named Gus, harvested from the farm of Ted Jones, son of the firm's founder,

Edward Jones Sr.

According to Owen, Gus the walking stick nearly suffered a catastrophe on the very first day of the walk from St. Augustine. It happened on Wright's day to walk, which was Aug. 27: while going over the

Vilano Bridge, Gus the walking stick fell into the mud below — but thankfully was recovered and went on to be handed off as planned to the next walker.



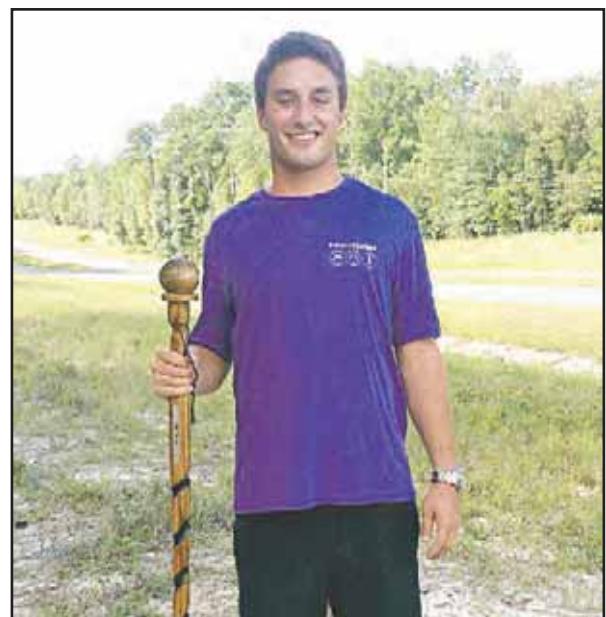
Mitch Wright with Gus the walking stick.

Owen said his day to walk, Aug. 31, was hot and dusty. He and his team walked from Callahan northward on US Highway 301 to Hilliard. Owen estimated he walked 12 miles of the 20 total miles for the day.

"I liked the rural setting of my turn to walk," Owen said. "It was peaceful and nice listening to the birds."

Owen said the walkers were grateful for the team members who drove ahead in an RV and stopped every few miles to allow the walkers to catch up and then enjoy a bit of respite.

"Alzheimer's isn't something that is going to be cured tomorrow, but we try to keep it at the forefront of people's minds," Owen said. "For nearly a century, Edward Jones has been in the business of building relationships and investors' wealth. Alzheimer's disease destroys both."



Photos courtesy Chance Owen
Chance Owen with Gus, the walking stick, during his portion of the relay-style Walk Across America.

The cross-country walk will culminate in St. Louis on Oct. 28 as the final team crosses the stage at Enterprise Center during this year's annual Walk to End Alzheimer's fundraising event, chaired by John Beuerlein, the Edward Jones principal who leads the firm's Older Adult Council.

"This four-month Walk Across America is one more way to increase awareness of Alzheimer's and the resources available to deal with it," said Beuerlein.

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Faith-Worship-Praise Section

Faith News

Sept. 27 – Oct. 31: The annual River of Life Pumpkin Patch will be open every day or until the pumpkins are gone. Hours are Monday through Friday, 10 a.m. – 12 p.m. and 2 p.m. – 8 p.m.; Saturday, 10 a.m. – 8 p.m.; and Sunday, 11 a.m. – 8 p.m. The proceeds from the Pumpkin Patch help to support the church as they serve in the community, and a portion is allocated to the Florida United Methodist Children's Home. Volunteers are needed to help unload the pumpkin truck on Sept. 26, Oct. 10, and Oct. 24 at 4:30 p.m. River of Life is located at 2600 Race Track Road. Visit rolumc.com for more information.

Oct. 2: Planting Hope, presented by In His Image Ministry, is a faith-based support group for families with special needs children that meets the first Tuesday of each month from 6:30 p.m. – 8:30 p.m. at Fruit Cove Baptist Church, 501 State Road 13. Contact Barbara Campbell at barbara.inhisimage@gmail.com for more information or to register.

Oct. 12 – 14: San Juan del Rio, 1718 State Road 13, will host its annual Fall Festival from 5 p.m. – 10 p.m. on Friday, 11 a.m. – 10 p.m. on Saturday and 12 p.m. – 6 p.m. on Sunday. The event will include carnival rides, games, food,

a book sale and more. Ride tickets, game tickets and food are available for purchase at the event, which is open to the public. Visit www.sjdrparish.org or call (904) 287-0519 for more information.

Oct. 14 – 30: Shepherd of the Woods Lutheran Church and School will hold its annual Pumpkin Patch, Monday – Thursday from 3 p.m. – 7 p.m.; Saturdays, 10 a.m. – 7 p.m. and Sundays, 11 a.m. – 7 p.m. at 6595 Columbia Park Court in Jacksonville. There will be a wide selection of pumpkins and gourds available for purchase, as well as outdoor photo opportunities. All proceeds benefit local and international mission efforts. Visit www.sotwjax.com for more information.

Oct. 20: St. Patrick's Episcopal Church is hosting its third annual Trunk or Treat on Saturday, Oct. 20 at the church, 1221 State Road 13 from 3 p.m. – 7 p.m. This festival will be a safe place for kids to trick or treat and fun for the whole family, including games, music, food, contests, prizes and plenty of treats. The event will include a costume contest, so families are encouraged to dress in their Halloween best. Attendees are encouraged to bring non-

perishable food items to donate to the church's children's ministries and Feed My Lambs. This is a free event, open to the public. Visit www.StPatricksEpiscopal.org for more information.

Oct. 28: River of Life United Methodist Church is hosting its annual Fall Festival with hayrides, bouncy house and slide, face painting, free hot-dogs, train rides, popcorn, snow cones and cotton candy at the church, 2600 Race Track Road from 12 p.m. – 4 p.m. This is a free event, open to the public. Visit rolumc.com for more information.

Have a church event coming up?
Email us at
editor@floridanewsline.com

Oct. 31: Celebration Lutheran Church, 810 Roberts Road, will host Trick or Treat at the church. Call (904) 230-2496 for more information.

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Asheville for the Holidays: Gingerbread Competition and Biltmore's Grandeur.

By Debi Lander
mail@floridanewsline.com

Visions of sugarplums danced in my head as I drove to the Omni Grove Park Inn in Asheville, N.C. I made the trip last December to the historic Blue Ridge resort to view the winning entries in the National Gingerbread House Competition. My trail of crumbs led me to displays stopping me dead in my tracks — wide-eyed and childlike. Much more than elaborate houses and cutesy cakes, these creations were architectural masterpieces and stunning works of art. This contest takes gingerbread to the highest level of culinary art.

This "best-of-the-best" competition features three categories: children, teens, and adults. All entries must be 100 percent edible, nothing artificial, but need not be houses. Seventy-five percent must be gingerbread, leaving 25 percent for candy, icing and other edible additions.

Contestants submit their creation upon admission — meaning assembly beforehand. An Omni triage unit provides plenty of royal icing for last-minute fixes.

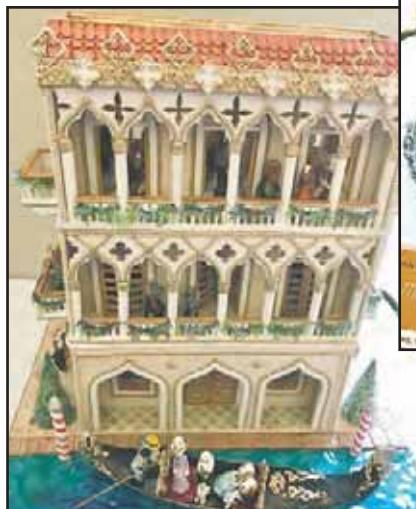
A highly regarded judging panel evaluates each entry based on overall appearance, originality/creativity, difficulty, precision

and consistency of theme. The 2017 panel featured world-renowned pastry chefs and artists, including the founder of the International Sugar Art Collection, a curator of The Metropolitan Museum of Art, and the author of "Making Great Gingerbread Houses."

Bragging rights seem the most sought-after award, but dividing \$25,000 in cash and prizes puts icing on the ego cakes.

A visit to the Inn itself is another sweet treat, an overnight stay even better. The 513-room resort recalls a grand old National Park lodge, decorated for the holidays with some of the most glorious greenery, trees and lights anywhere. The Great Gingerbread House lures adults and kids alike to the welcoming Great Hall — a Hansel and Gretel 10 ½-foot gingerbread replica of the Inn. Children can buy hot cocoa while adults cozy up to the lobby bar.

Wine glass in hand, I browsed the floors of gingerbread art for hours, delighting in the children's entries, relishing the creativity of the teens' designs (my favorite, The Wall from Game of Thrones), and swooning over breathtaking projects from



Venetian palace gingerbread



Photos courtesy Debi Lander
Swan and sleigh gingerbread

adult winners.

Billie Mochow, a multi-year winner, said, "Coming up with my idea is one of the hardest parts."

She contemplates possibilities from January through May, beginning her tedious artwork in the summer. Her elegant swan pulling a sleigh over a glassy lake was stunning.

The overall winning entry, by Ann Bailey of Cary, N.C., showcased a collection of books topped by sculpted figures from Dickens' "A Christmas Carol." These tiny, yet detailed gingerbread men (of sorts) would have made Michelangelo jealous. The three-dimensional assemblage brought audible gasps from onlookers.

Beyond gingerbread edifices, the Biltmore, America's largest and perhaps grandest home, remains a must-see in Asheville. Always an eyeful, the Château-esque-style mansion, built for George Vanderbilt in 1895, dresses itself to the hilt during the holidays — as it did in Vanderbilt's time. The Banquet Hall's 35-foot Fraser fir is the centerpiece of the floral fantasy. Thirty thousand twinkling lights and hundreds of candles reflect in thousands of ornaments; miles of garland accent every corner. Outside, 300 hand-lit luminaries adorn the front lawn, drawing attention to a 55-foot Norway spruce draped with more than 45,000 lights.

Tickets aren't cheap, so plan to spend the entire day taking in Biltmore's gardens, winery and Antler Hill Village. Splurge and spend the night in the Biltmore's lodging.

But, run, run as fast as you can to make the necessary reservations. The Gingerbread display is open to the public Sundays after 3 p.m. and throughout the day Monday through Thursday, Nov. 25 – Jan. 5. Asheville is well worth the eight-hour drive from Jacksonville.

Visit www.bylandersea.com to read more of local travel writer Debi Lander's stories and travel tips.



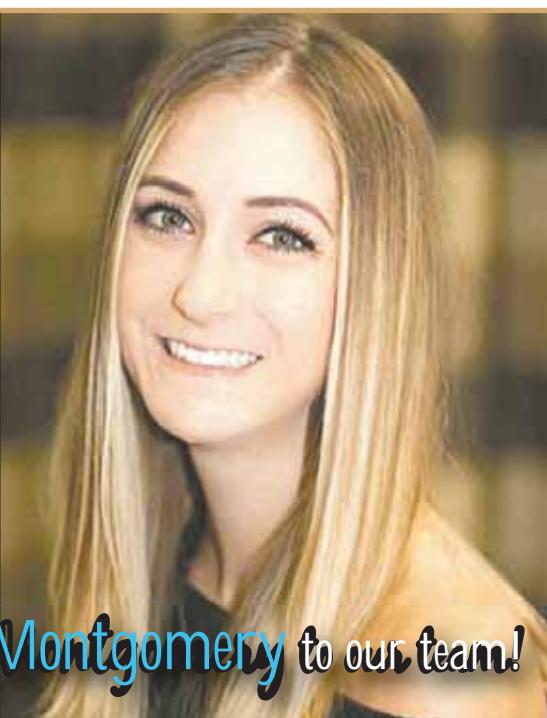
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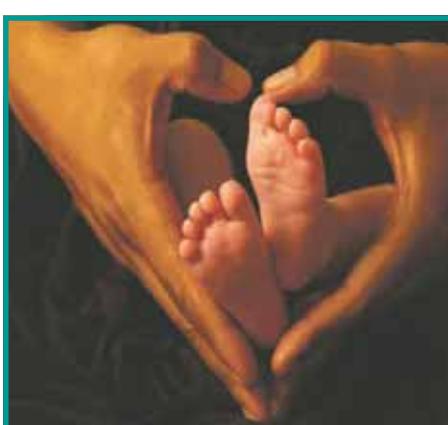
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